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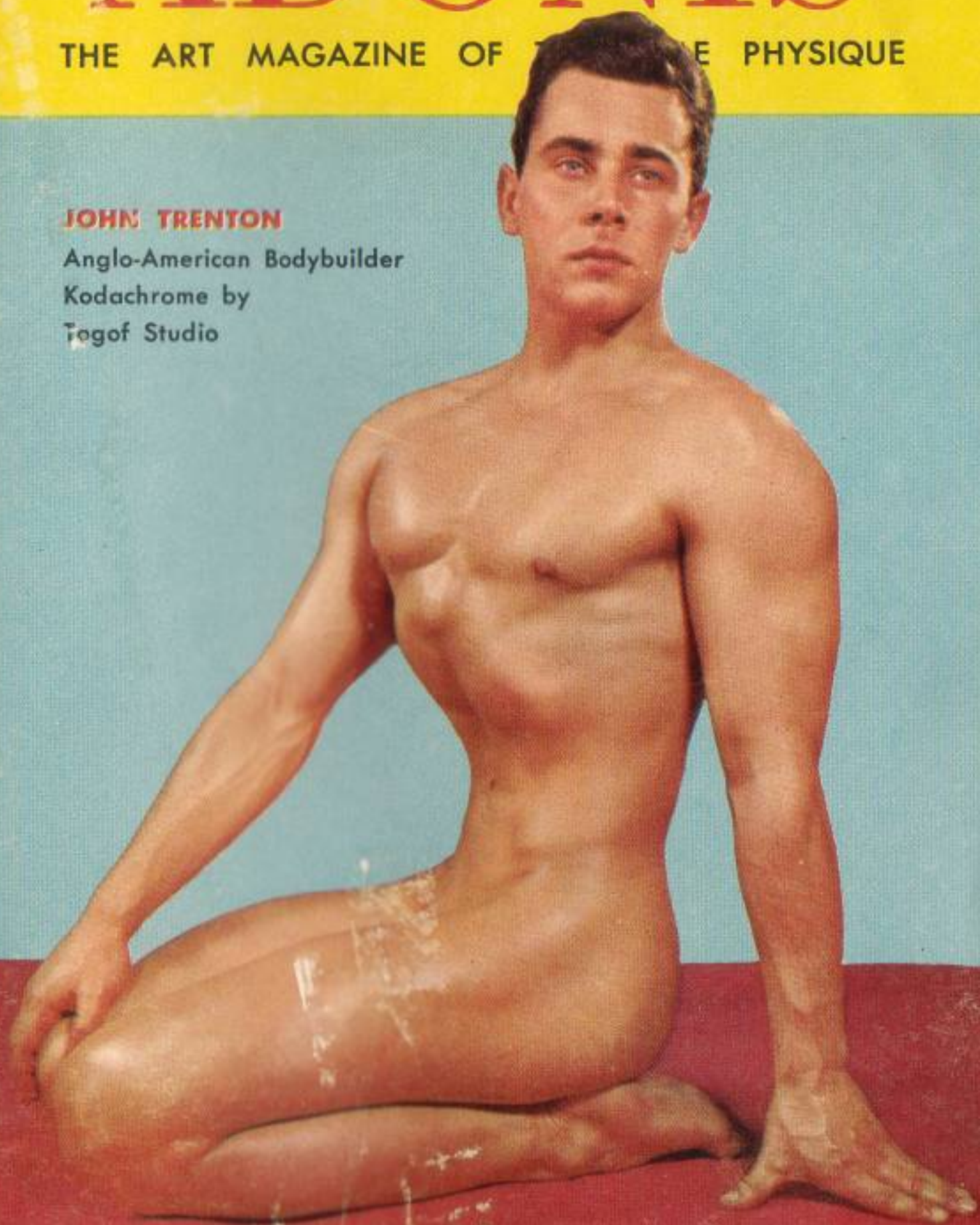
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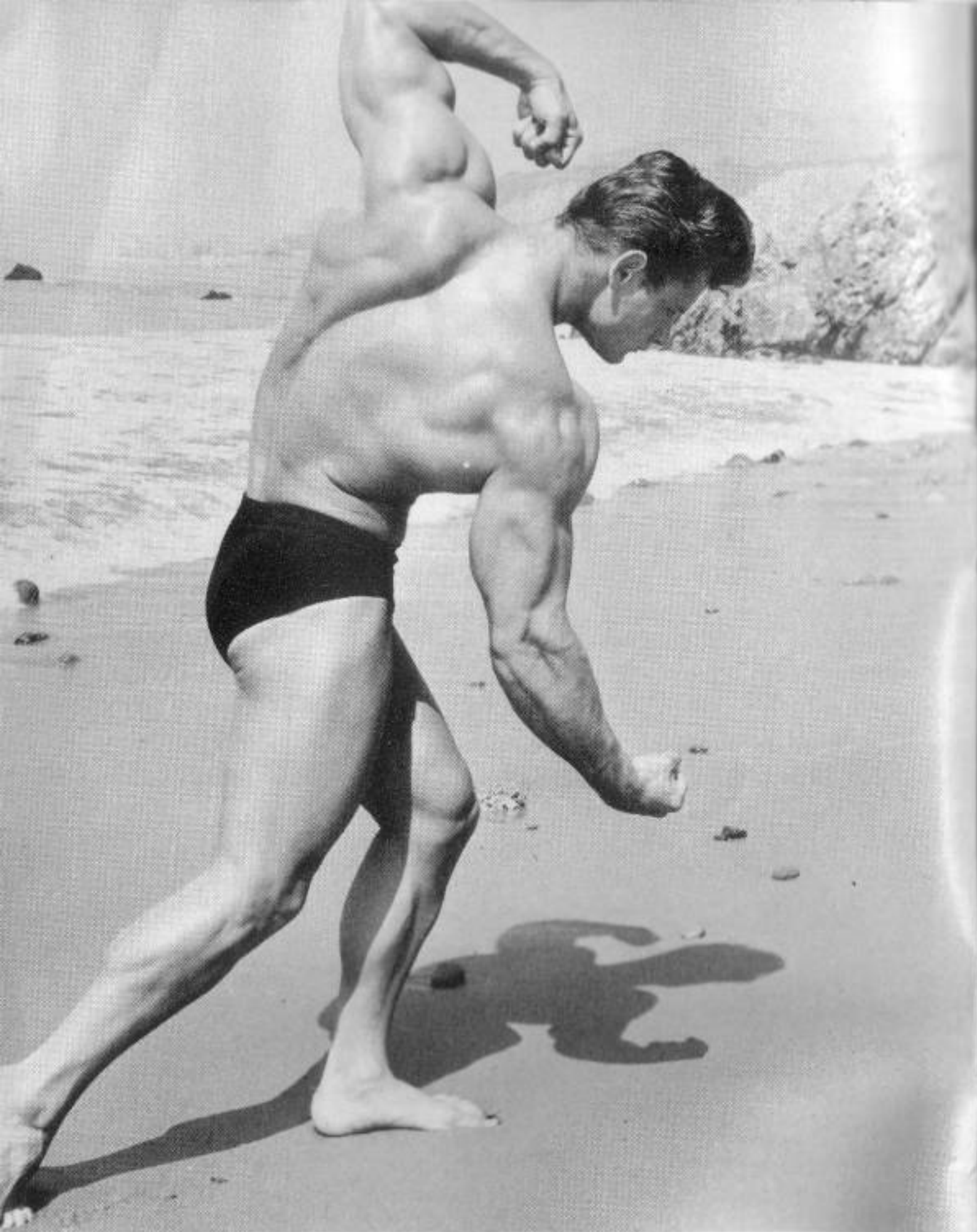
ADONIS

THE ART MAGAZINE OF THE PHYSIQUE

JOHN TRENTON

Anglo-American Bodybuilder
Kodachrome by
Togof Studio





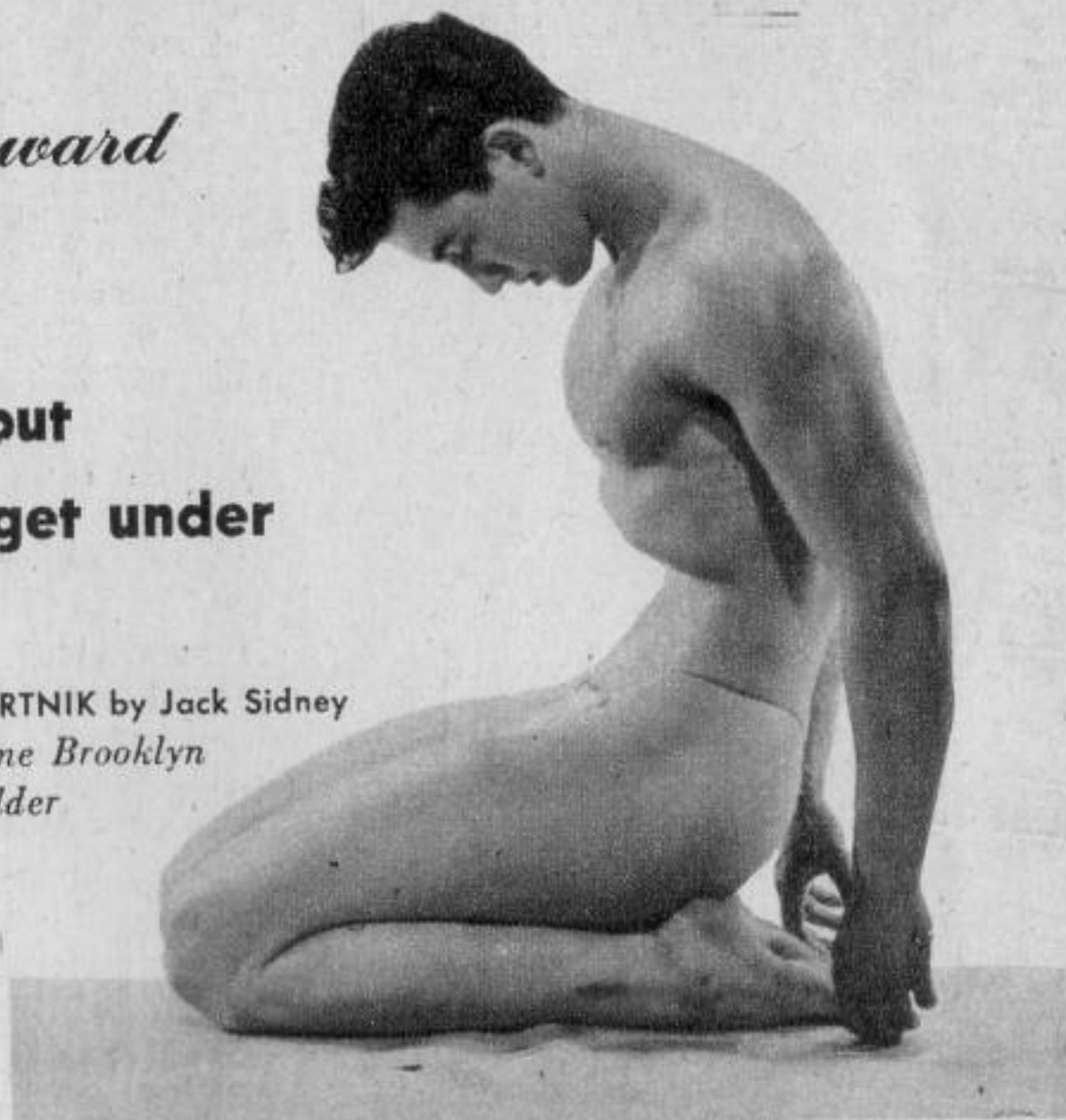
JERRY ROSS by Herb Dixon

One of America's favorite bodybuilders

Foreward

**get out
and get under**

FRED BORTNIK by Jack Sidney
*Handsome Brooklyn
bodybuilder*



Get out of your clothes and get under the sun. That's the prescription ADONIS gives you for a healthier, happier life. To those of us in the East who are used to the change of seasons . . . from frosty Autumn, to icy Winter, and sometimes into a cold wet Spring, the onset of golden, sunny summer is awaited with eagerness and delight.

Summer is like graduation day for those of us who have spent long months developing our bodies . . . long months when we have been bundled up in woolies to generate a spark of warmth. As the

(Continued on page 46)



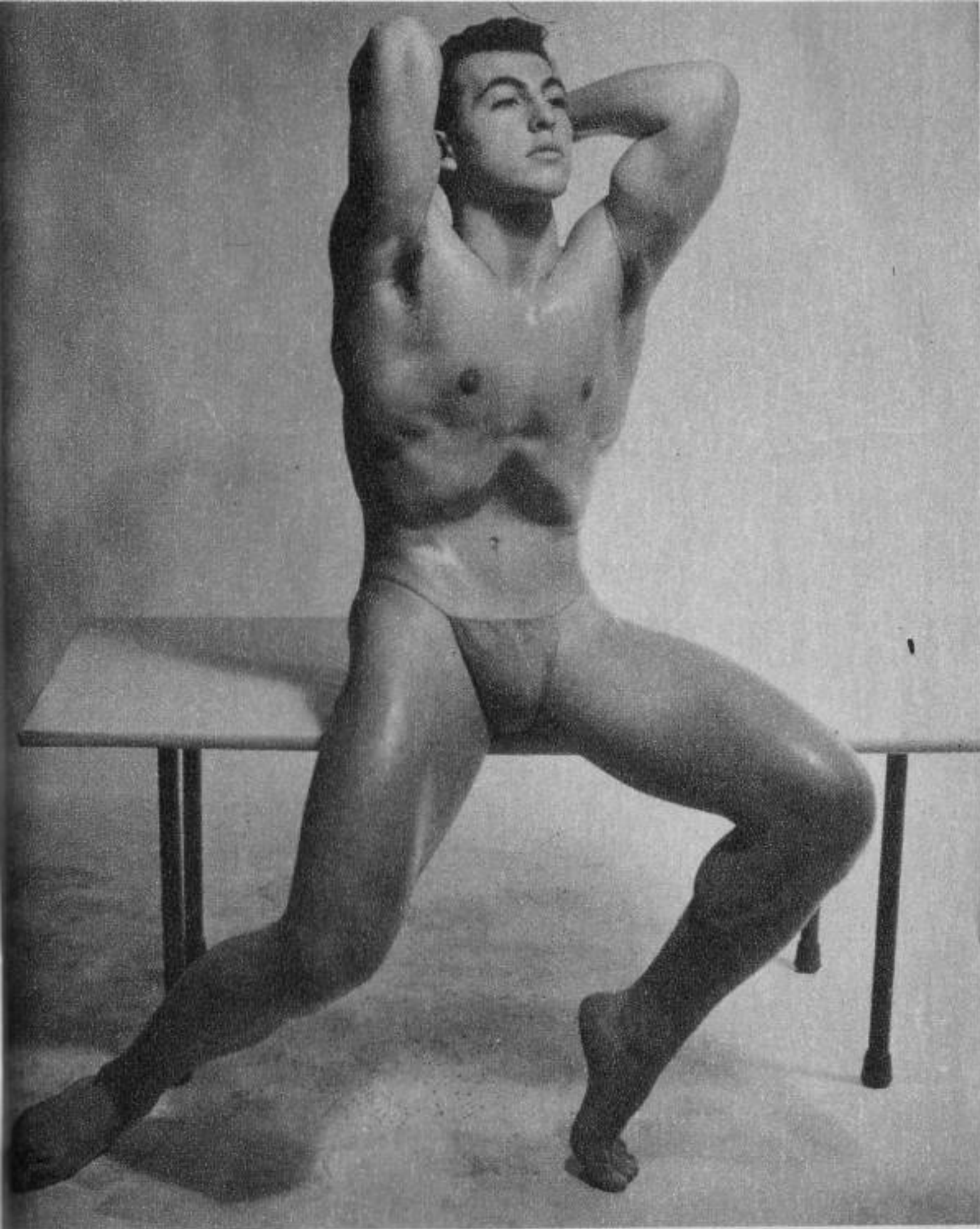
LOU GRECO by Vulcan Studio
*A study in geometrical
 curves and planes*

**what's
 in a name ?**

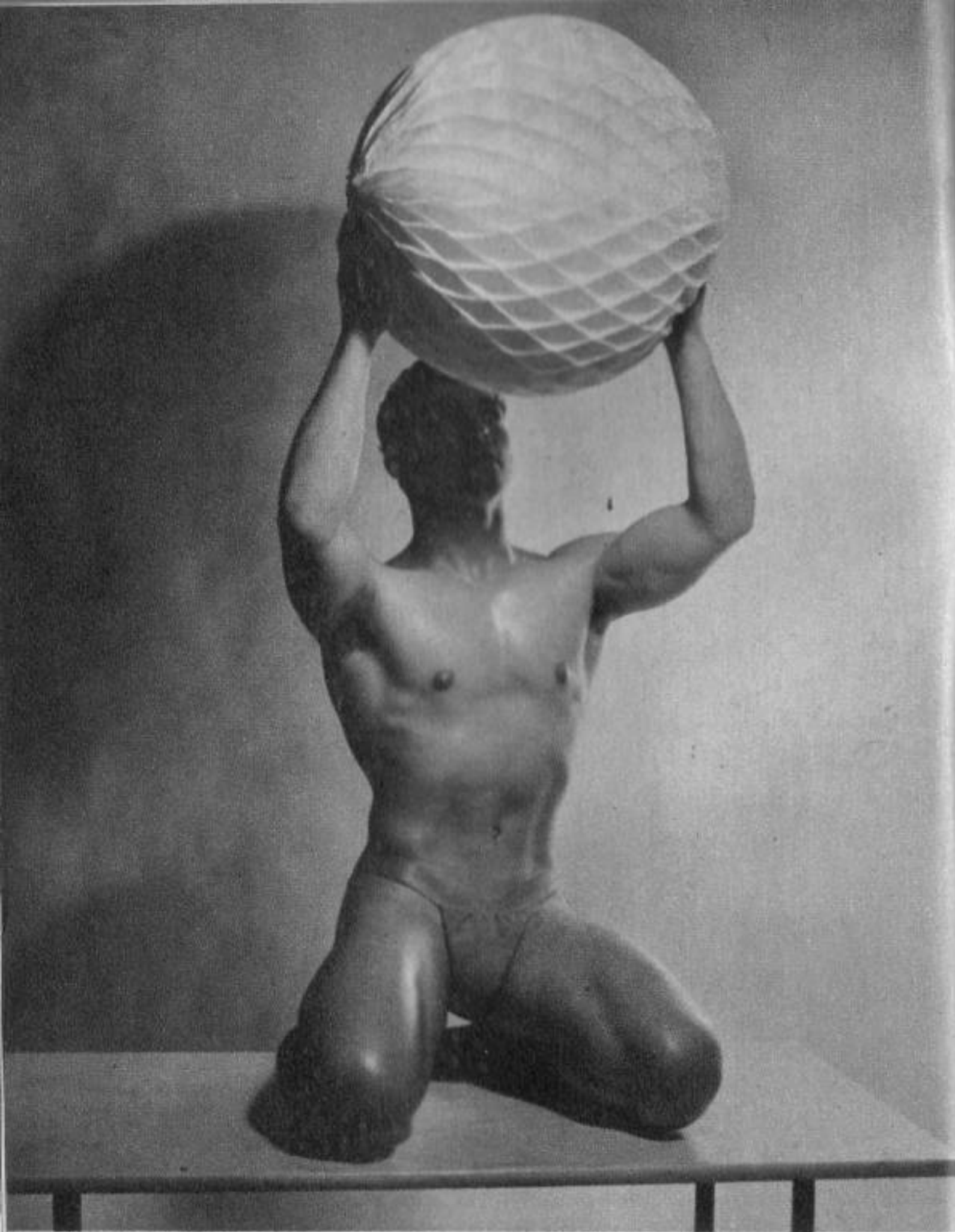
"What's in a name?" asked Shakespeare. If the name is Greco, then the answer to that one is "art!" The Greco of whom we write is not the immortal "El", but the very contemporary "Lou".

Several issues ago we presented Lou Greco to you as photographed by Vulcan Studio. Since that time we have had much favorable comment on his initial appearance in these pages, and many of you have written in asking for "seconds".

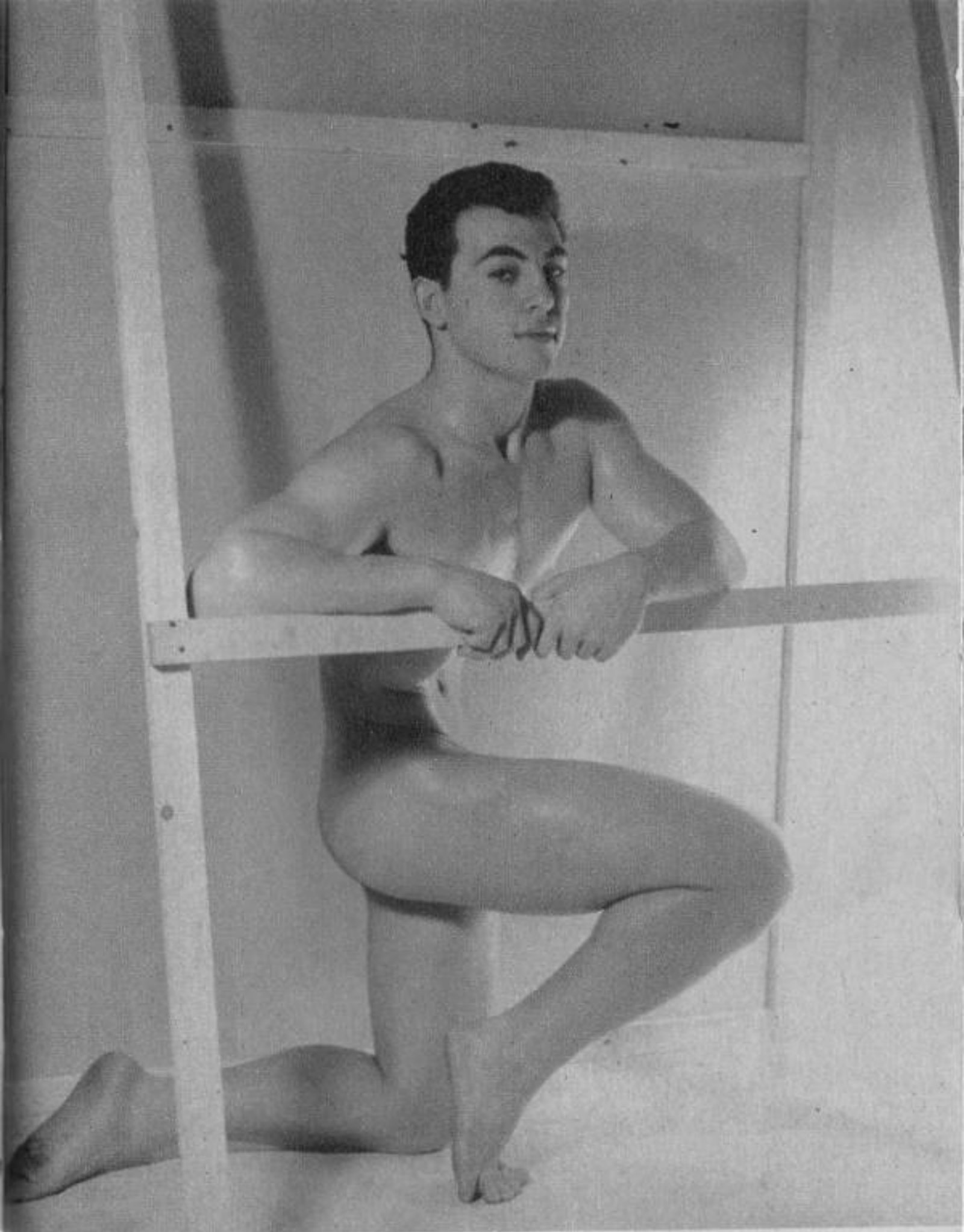
Just a few days ago Lou came down to New York from Buffalo where he is studying painting, as befits a boy with such an illustrious name. Dropping by to inspect the new Vulcan Studios at 125 East 39th Street, he was immediately pressed into a posing exhibition. Vulcan was so impressed with the metamorphosis of the Greco physique that he phoned us to come over for a second glance at his fledgling (*Continued on page 48*)



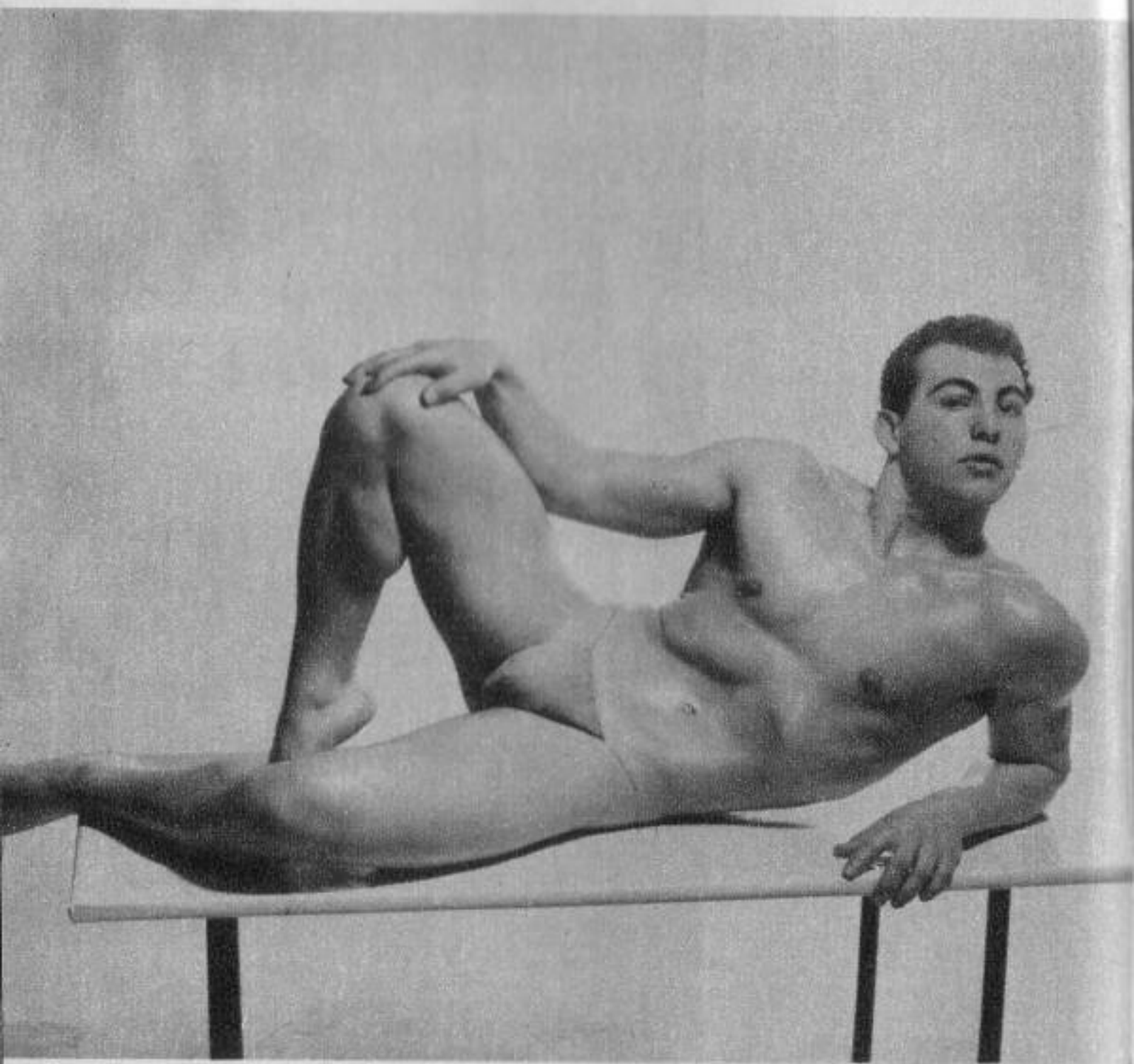
MATURITY FLOWERS IN THE GRECO PHYSIQUE by Vulcan



HARLEQUINADE



LOU'S WAIST IS AN INCREDIBLE 27"



A PHYSIQUE WITHOUT ONE WEAK SPOT

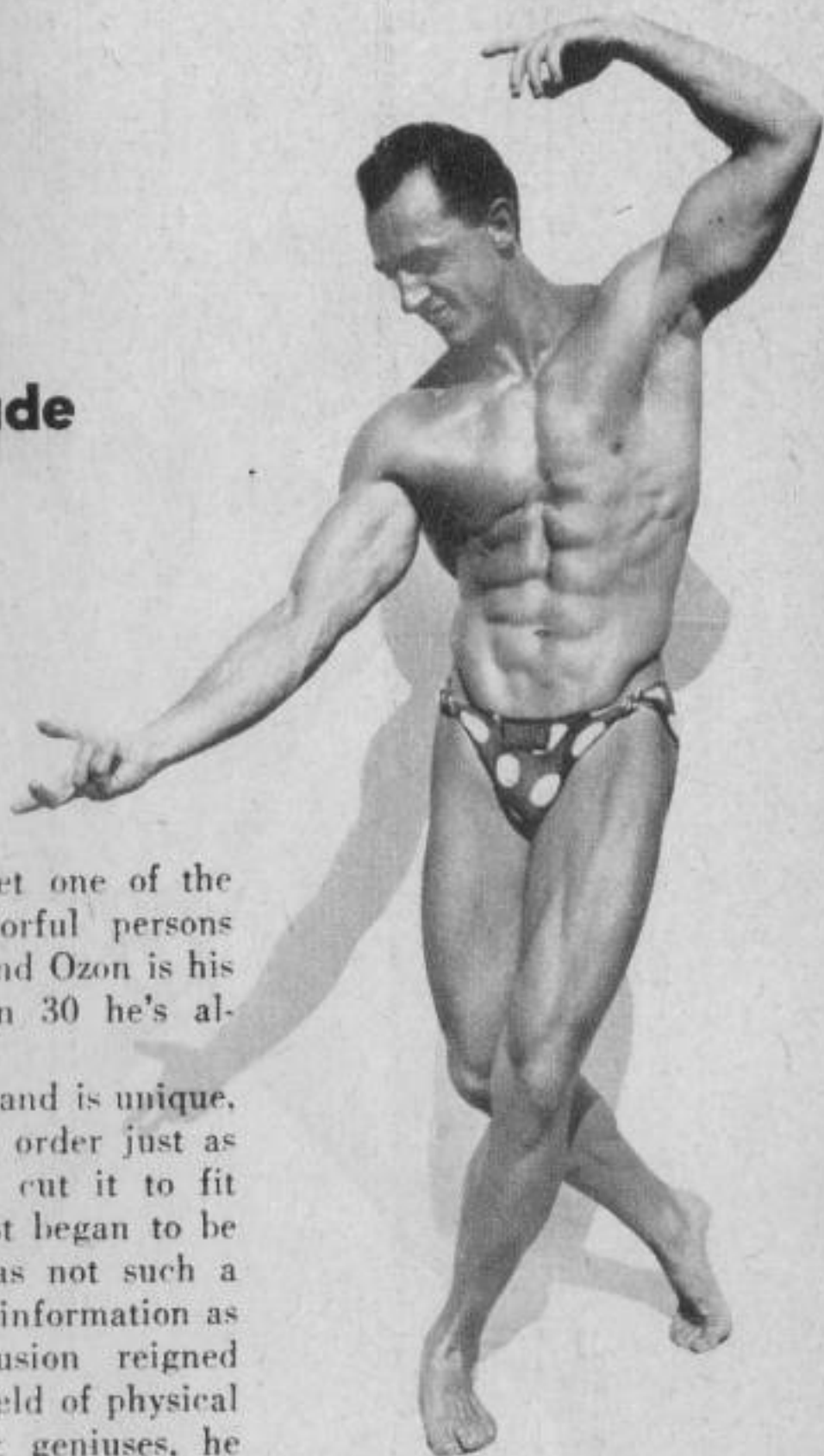
the tailor-made torso

We'd like you to meet one of the most unusual and colorful persons we've ever known. Armand Ozon is his name, and at less than 30 he's already a legend.

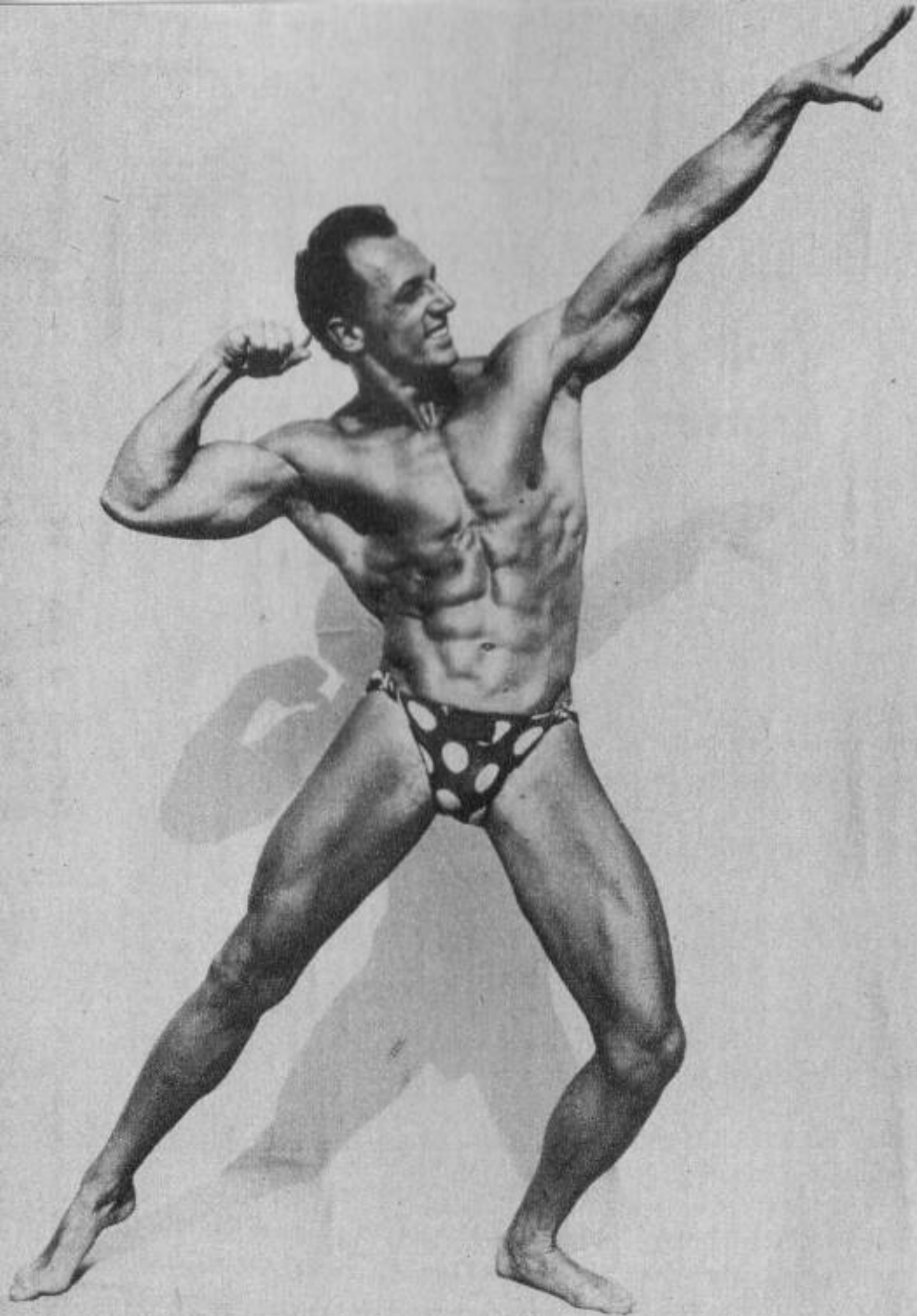
As a bodybuilder Armand is unique, for his body is made to order just as perfectly as if he had cut it to fit a pattern. When he first began to be body-conscious there was not such a wealth of bodybuilding information as we now have. Confusion reigned throughout the entire field of physical culture. Yet, like most geniuses, he triumphed in spite of it all.

Not being sure what his physique potential was, he took great pains to consult all the leading New York physical instructors of the day.

(Continued on page 50)

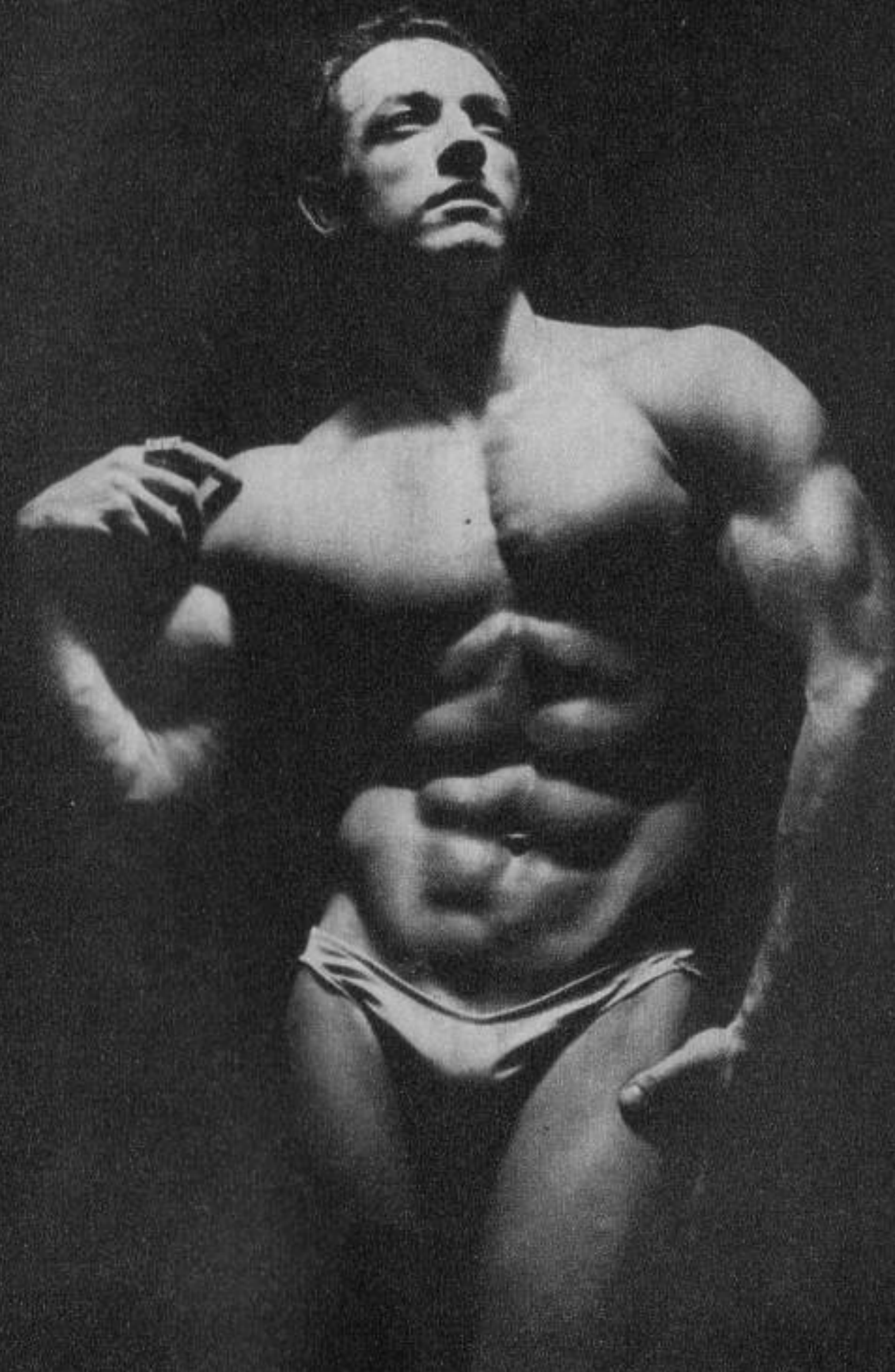


ARMAND OZON
by Lon. His skill at posing
is unexcelled



A STUDY IN DYNAMIC RHYTHM

PRAXITELES WOULD HAVE GONE MAD!



ARMAND POSED WITH MUSCLES COMPLETELY RELAXED



"most wanted" men

Eight good men and true — handpicked by Mother Nature herself. On them she poured out her richest gifts . . . the gifts of superb bodies and sound health.

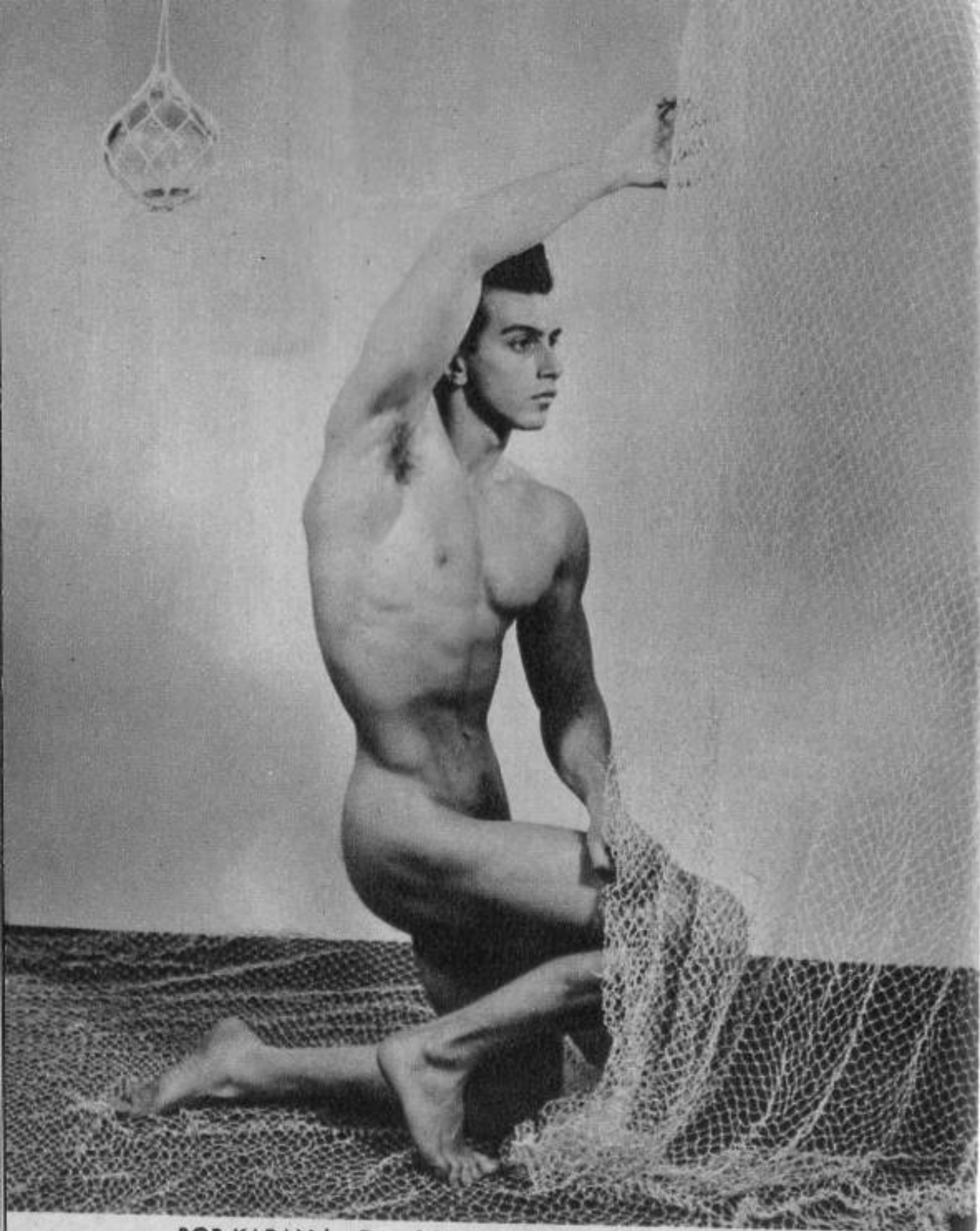
As befits a given talent, all these men have worked long and conscientiously to mold and burnish that talent, and the results of their labors are graphically depicted here.

Many of these are bodybuilders whom you have asked to see again, while others are shown because we want you to see the new departures in bodybuilding — away from the bulk craze and back to the slender, more clearly-defined physique.

From Togof Studio in
(Continued on page 54)



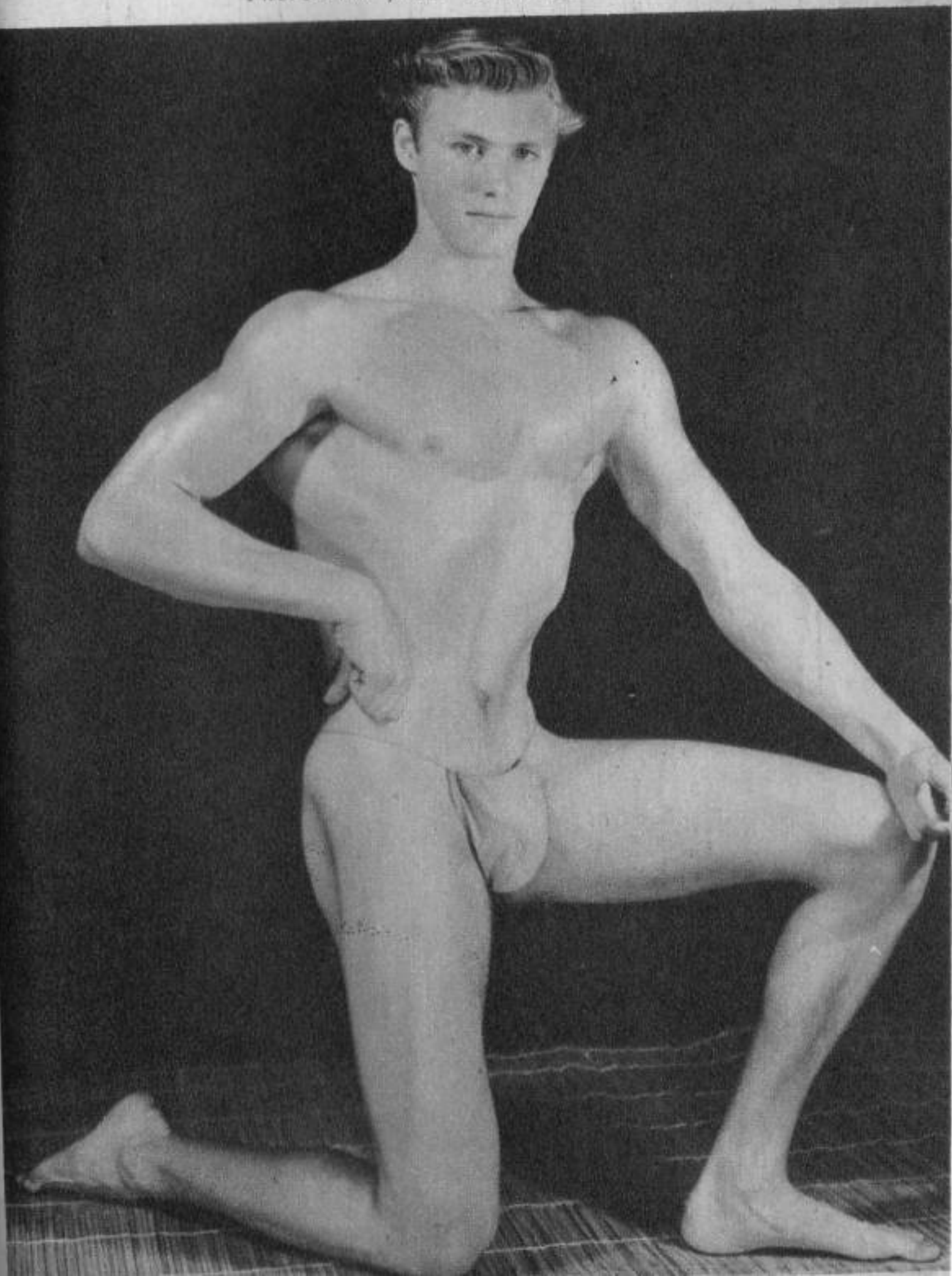
JOHN TRENTON
by Togof Studio
*"The glory that
was Greece"*

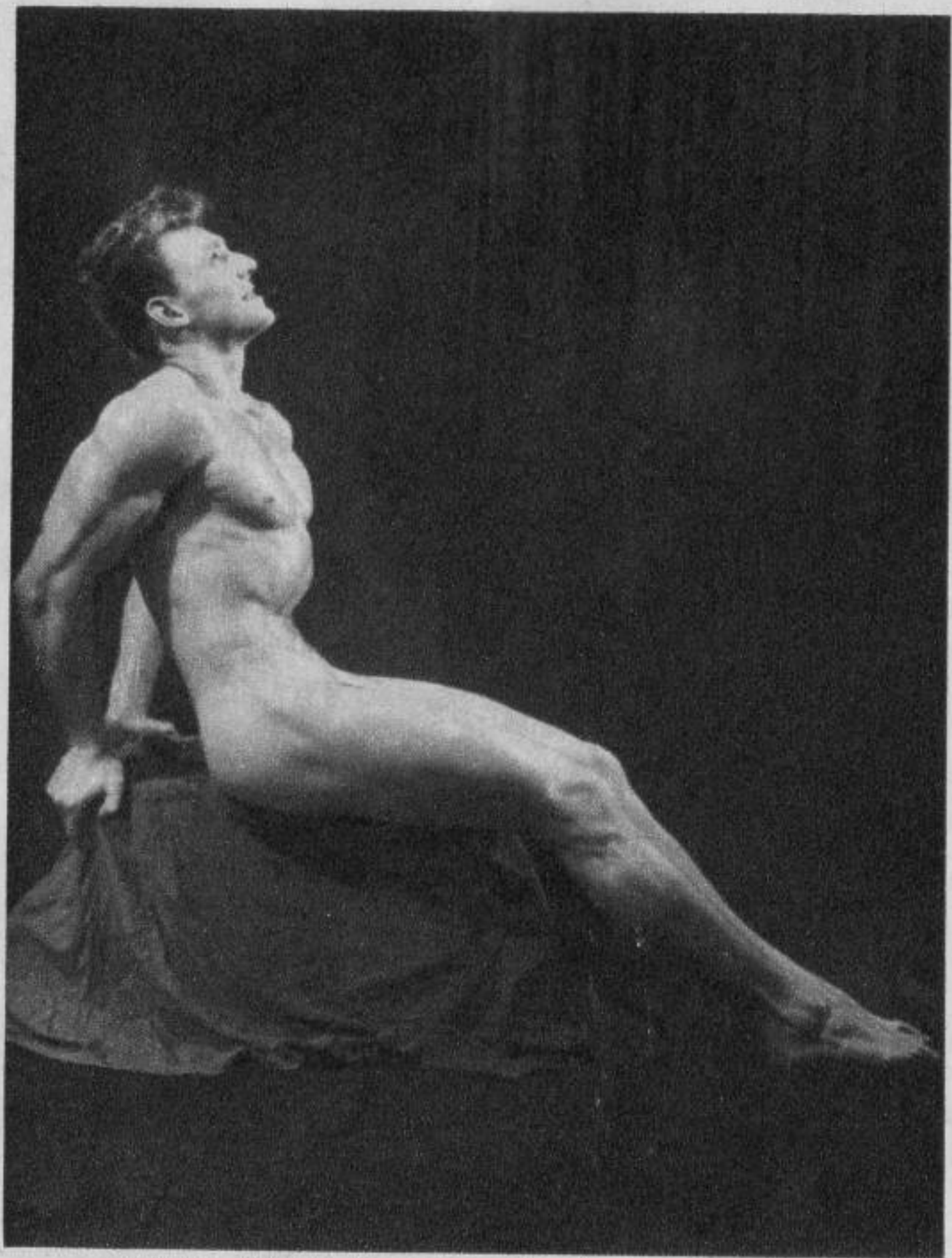


BOB KARAN by Togof Studio
"Neptunes catch"

GARY FROST by California Models

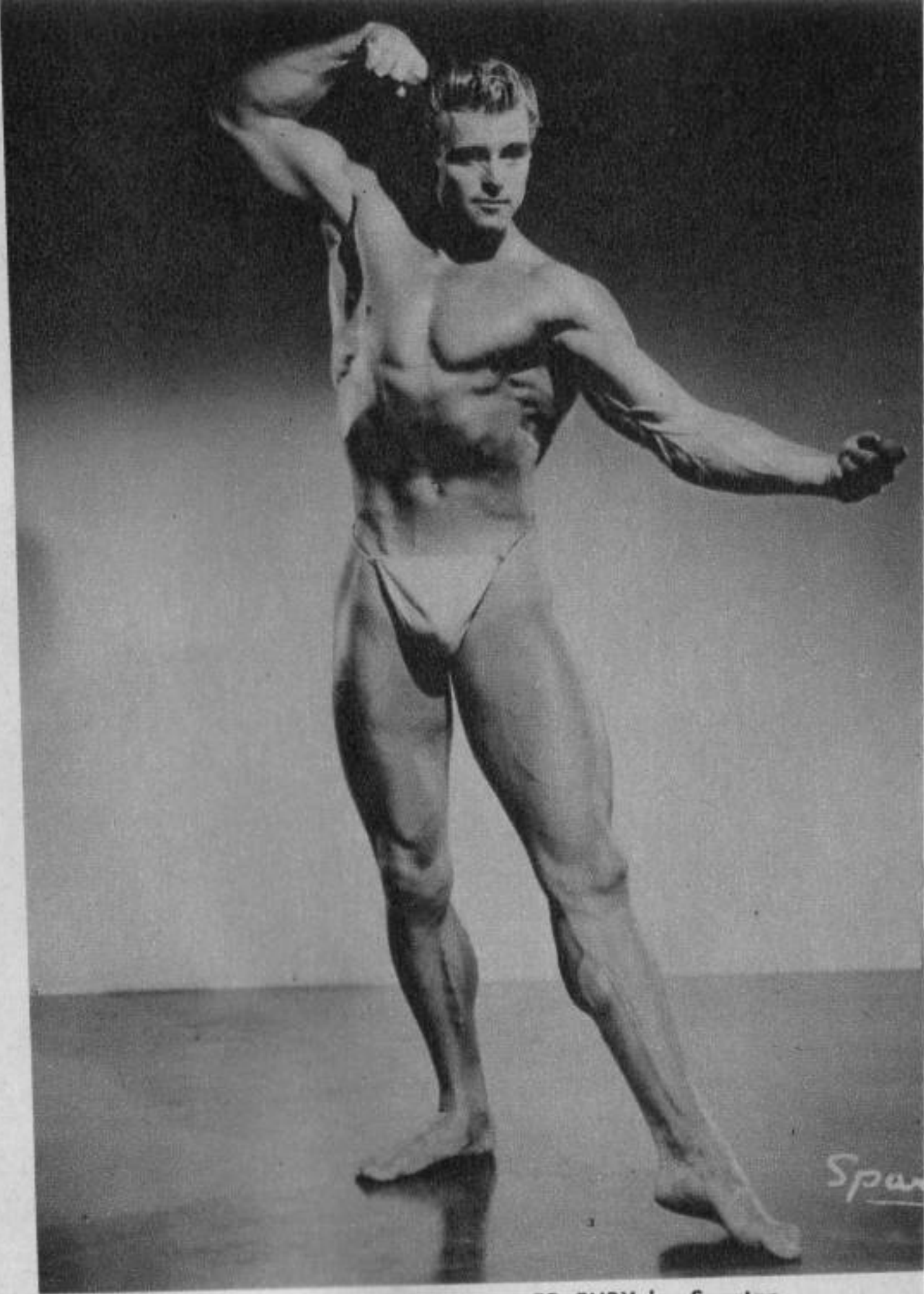
There's no "frost" on this handsome lad





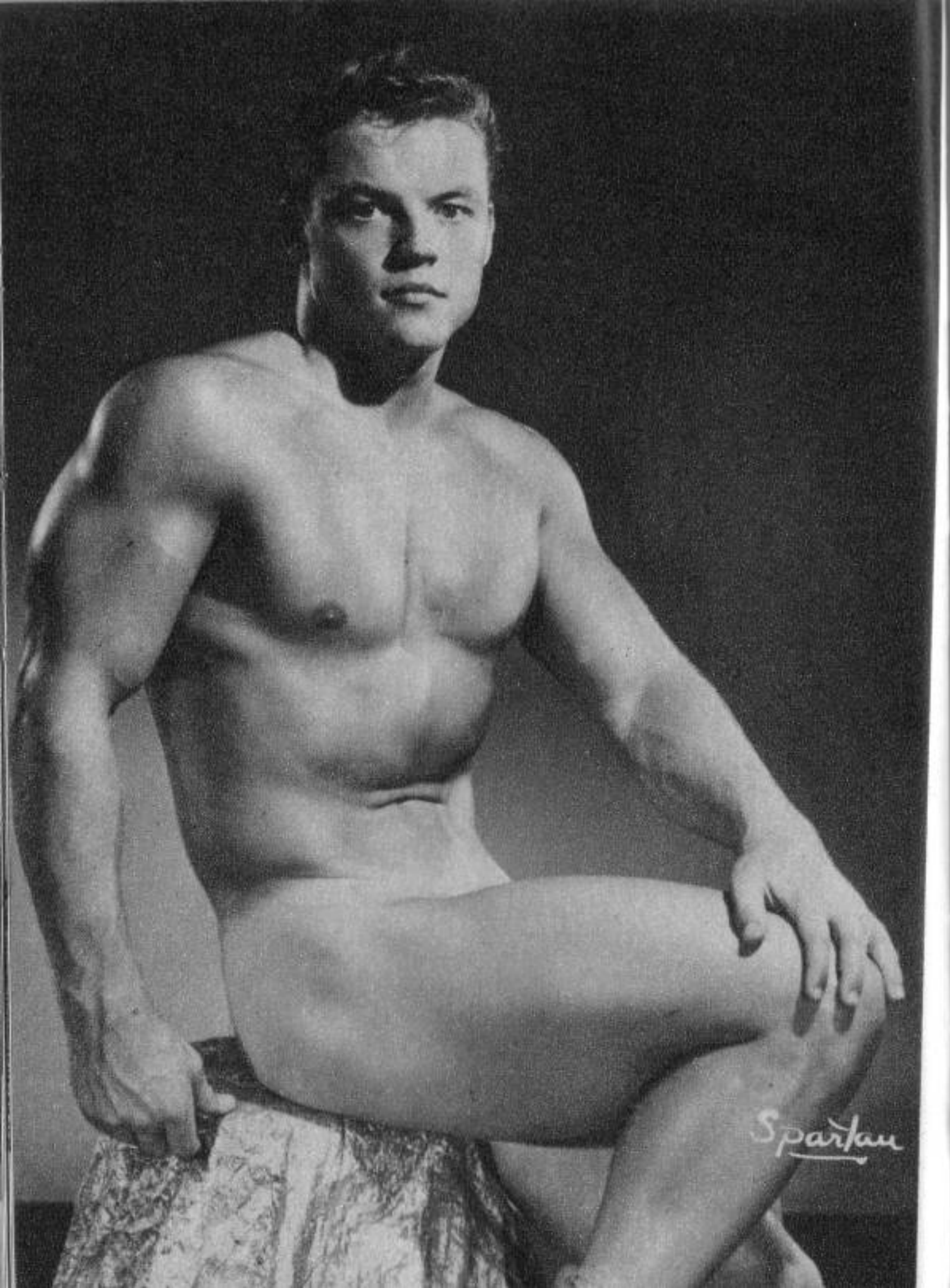
MICHAEL FRYER by Domenique of London

A first visit by a new star



ED FURY by Spartan

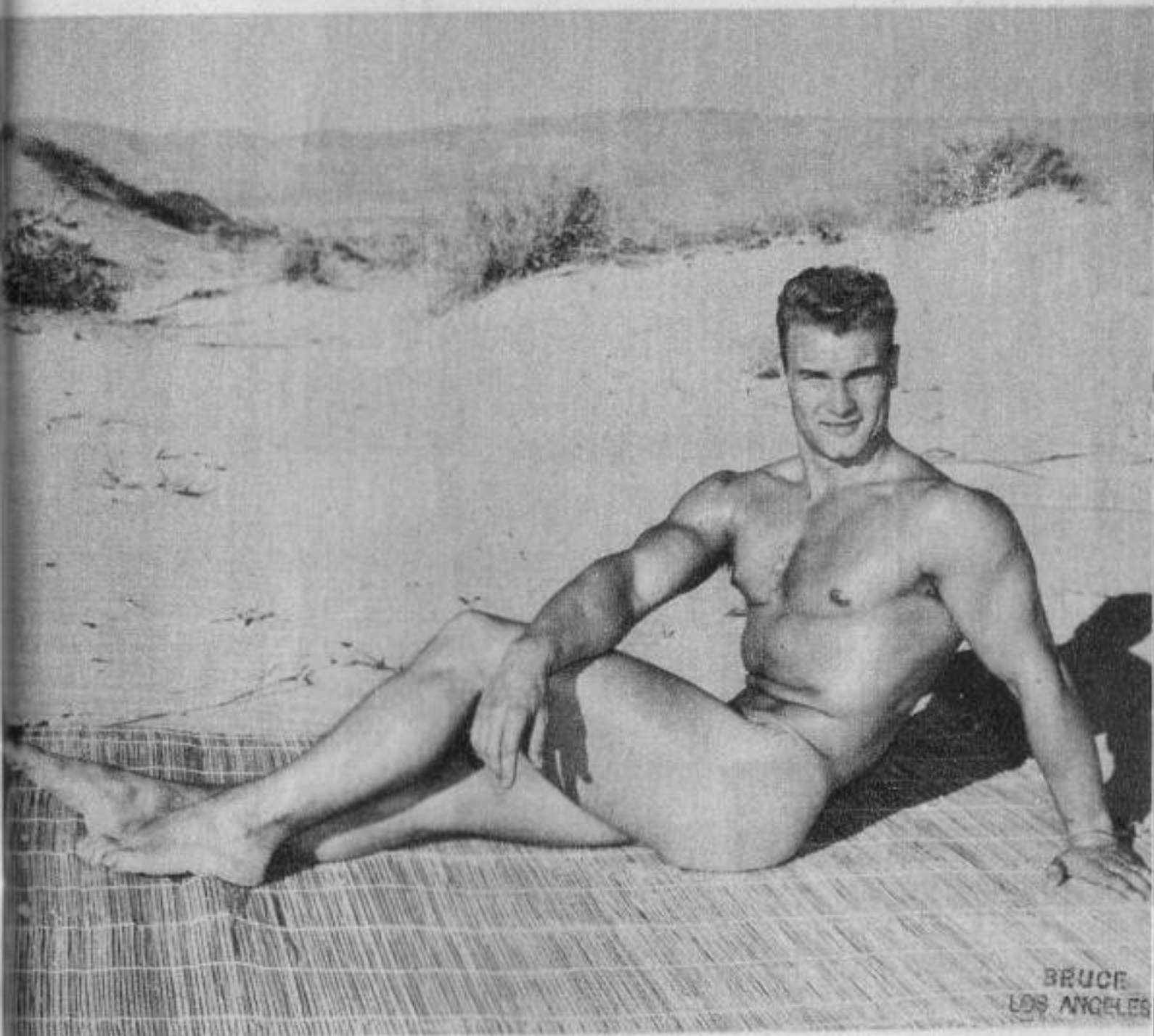
"Our most wanted man"



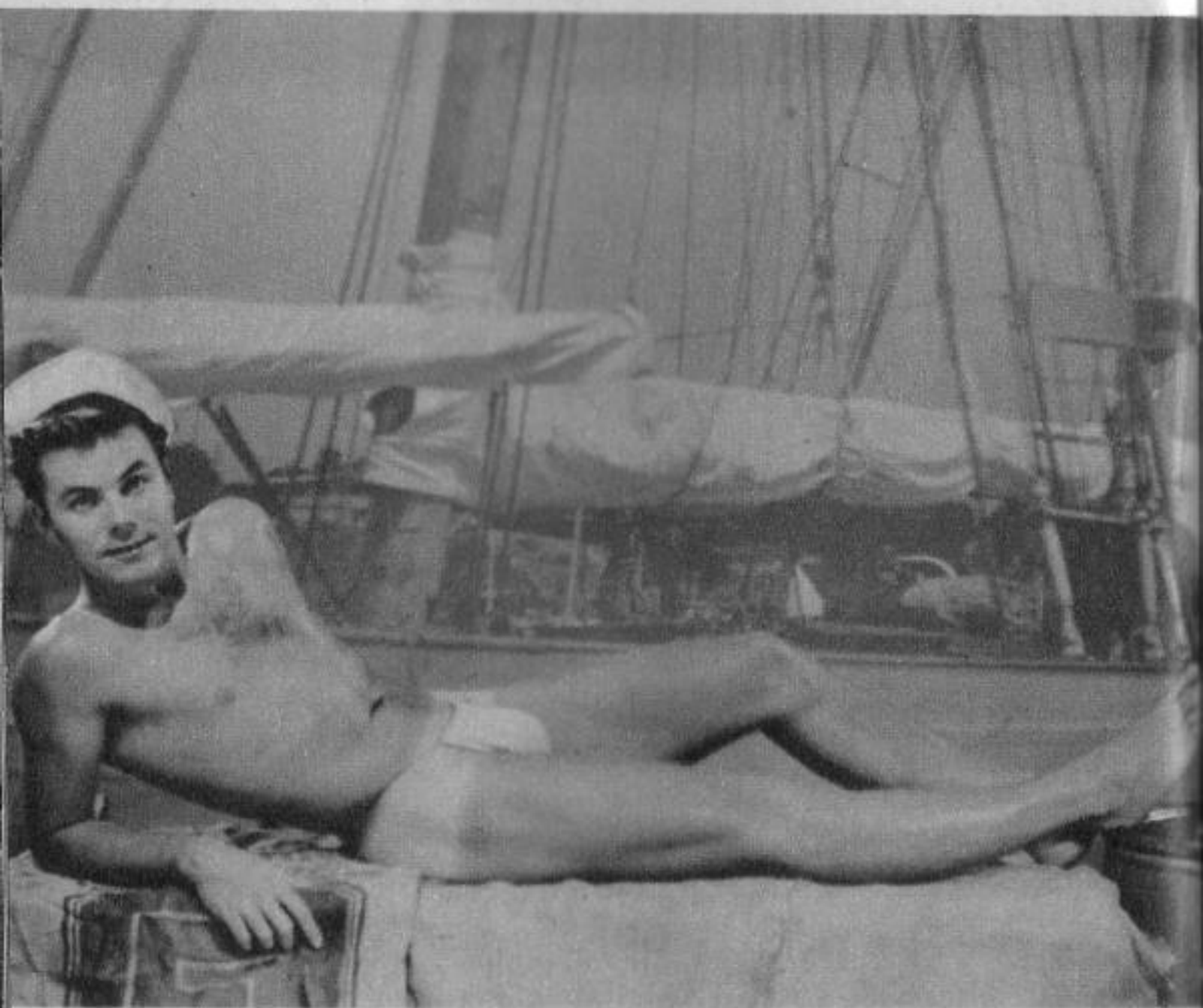
Spartan

HUGH PENDLETON by Spartan
One of bodybuilding's all-time favorites

BOB FEDELL by Bruce of Los Angeles
"Nature boy" in a natural setting



BRUCE
LOS ANGELES



RAYMOND DE LAND by Athletic Model Guild
Encore by this brilliant young dancer

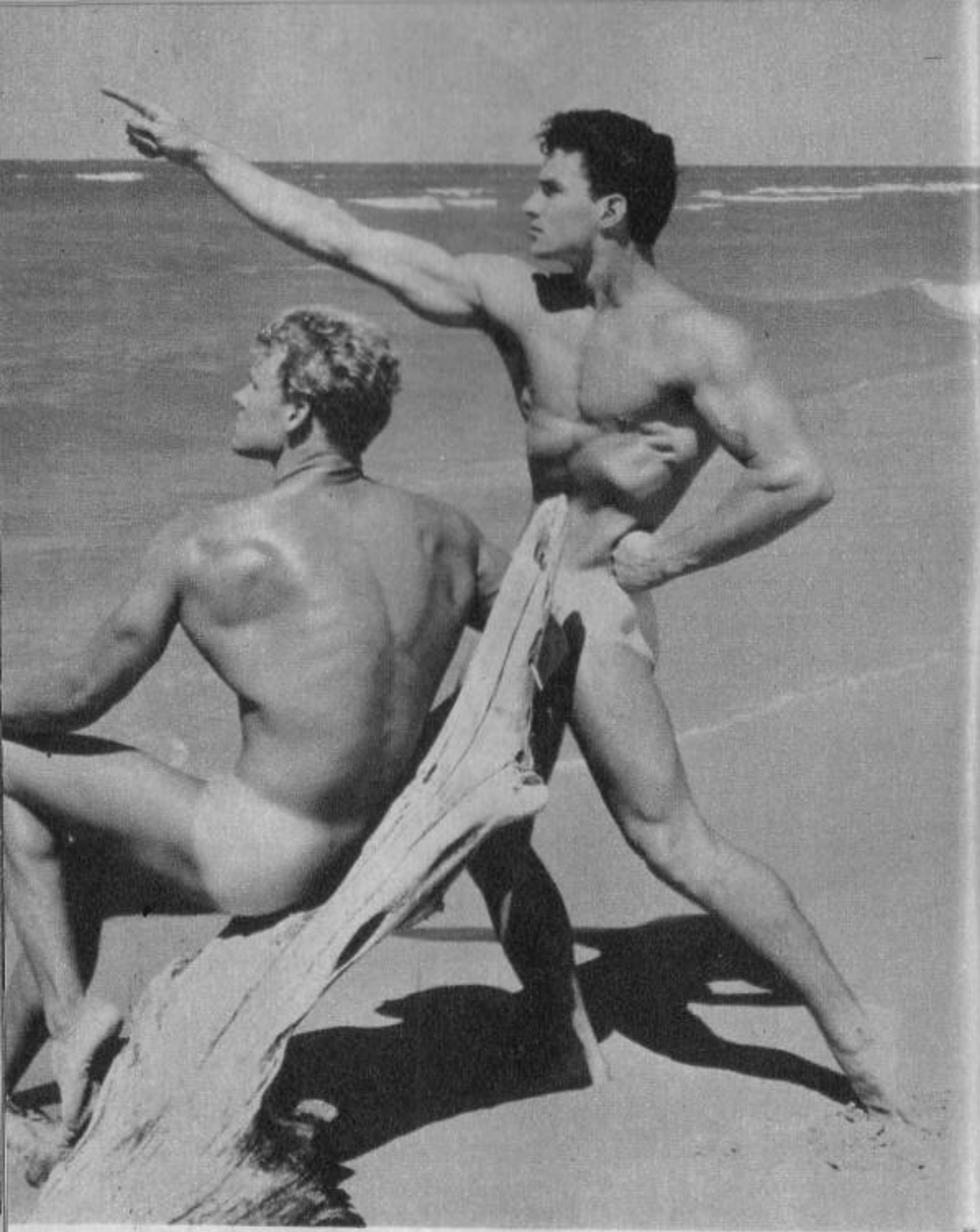


RICHARD ALAN AND GLENN BISHOP by Michigan Models
"Let's play Injuns!"

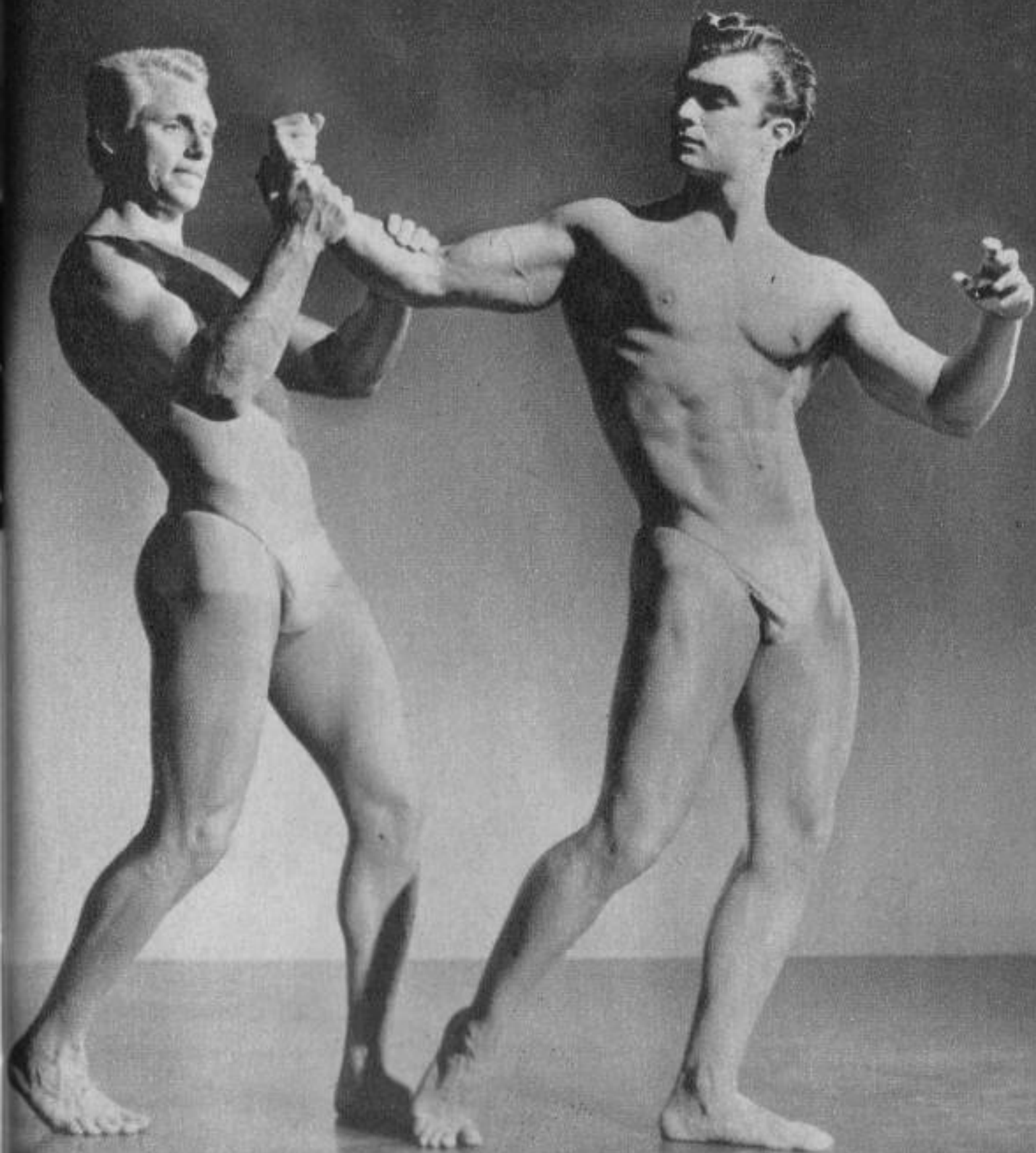
plurally yours

"Double for your money" is what we think you'll say about this month's fine crop of dual poses. Certainly we have been wonderfully enriched with some exceptional shots of bodybuilders familiar and unfamiliar.

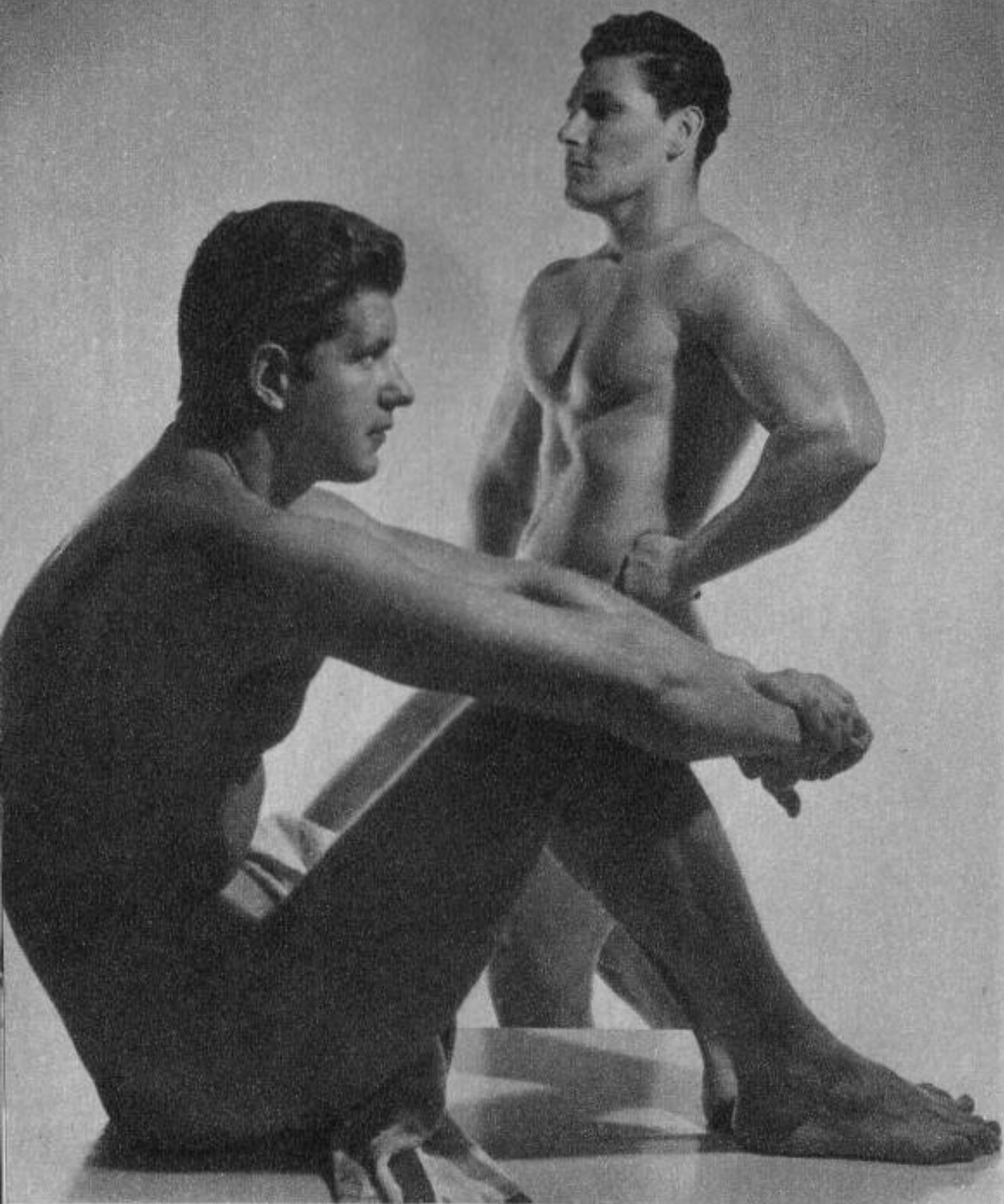
Older readers of such magazines as ours are by now familiar with the posing exhibitions of Glenn Bishop and Richard Alan, yet so handsome are these two youths, and so fresh and ever-inspiring are their poses that they seem forever new. We are happy to present two of their latest works this month. The background is the beautiful lake near their home in Grand Haven. (Continued on page 55)



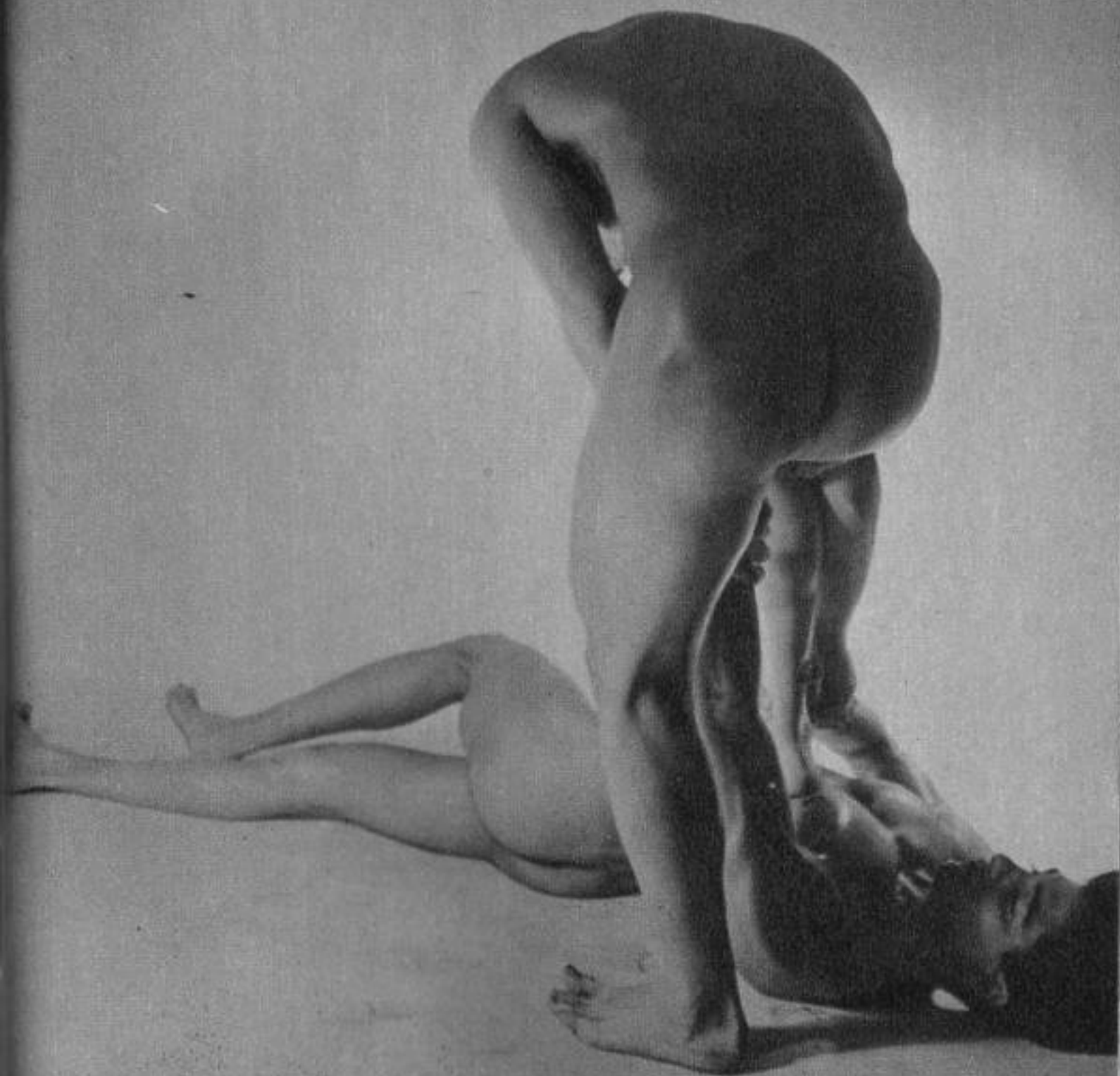
RICH AND GLENN
"Ship ahoy!"



BOB JOHN AND BOB ROME by Spartan
A study in light and shadow

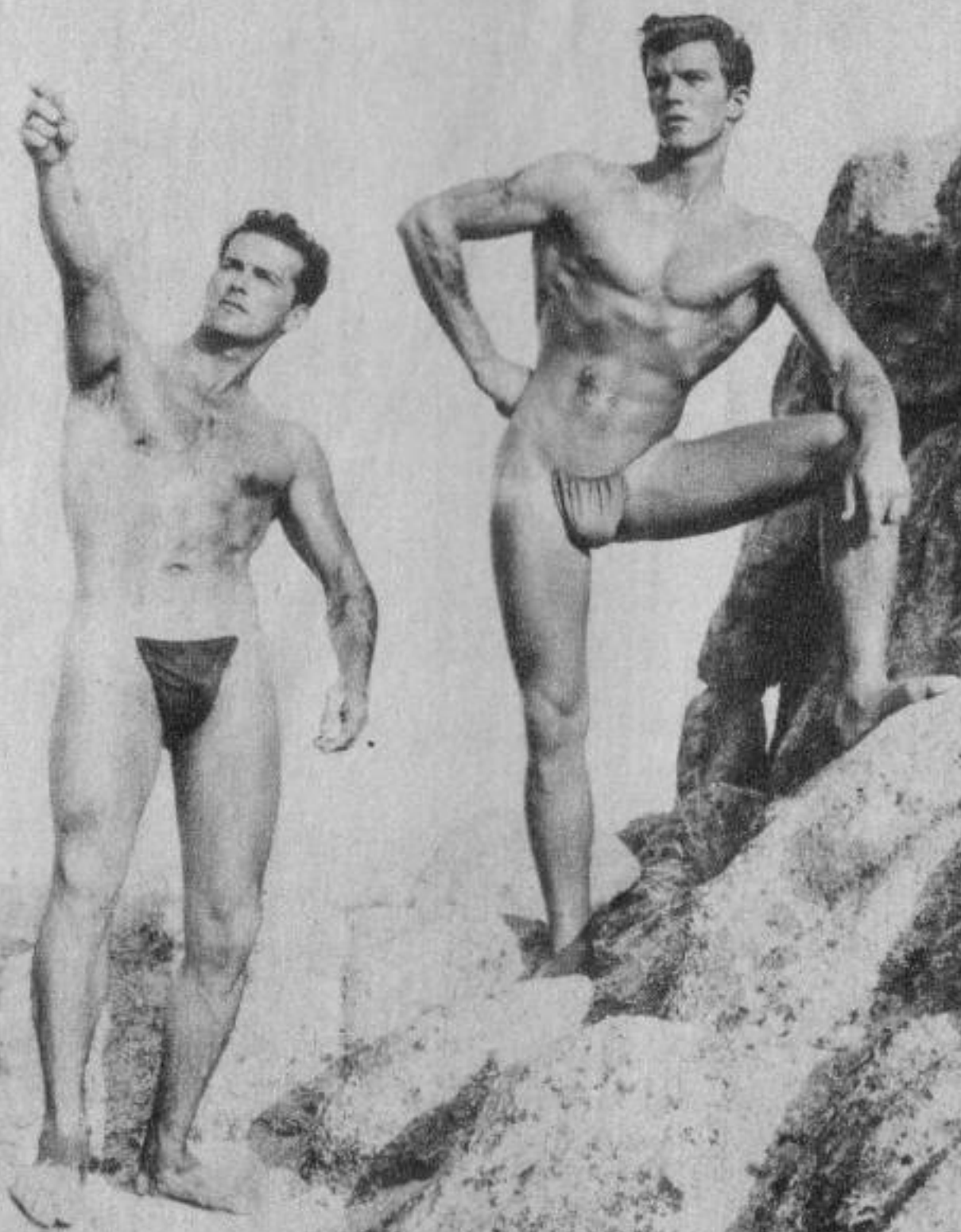


← BOB DELMONTEQUE AND KEN ACOSTA by Vulcan Studio
A fine relaxed study of two favorite bodybuilders



JACK DE MARCO AND FREDDIE SCARRA by Vulcan Studio
Freddie is the vanquished one

BUDDY YOUNG AND JIM LEWIS by Athletic Model Guild
"High Noon In The High Sierras"



Quartet

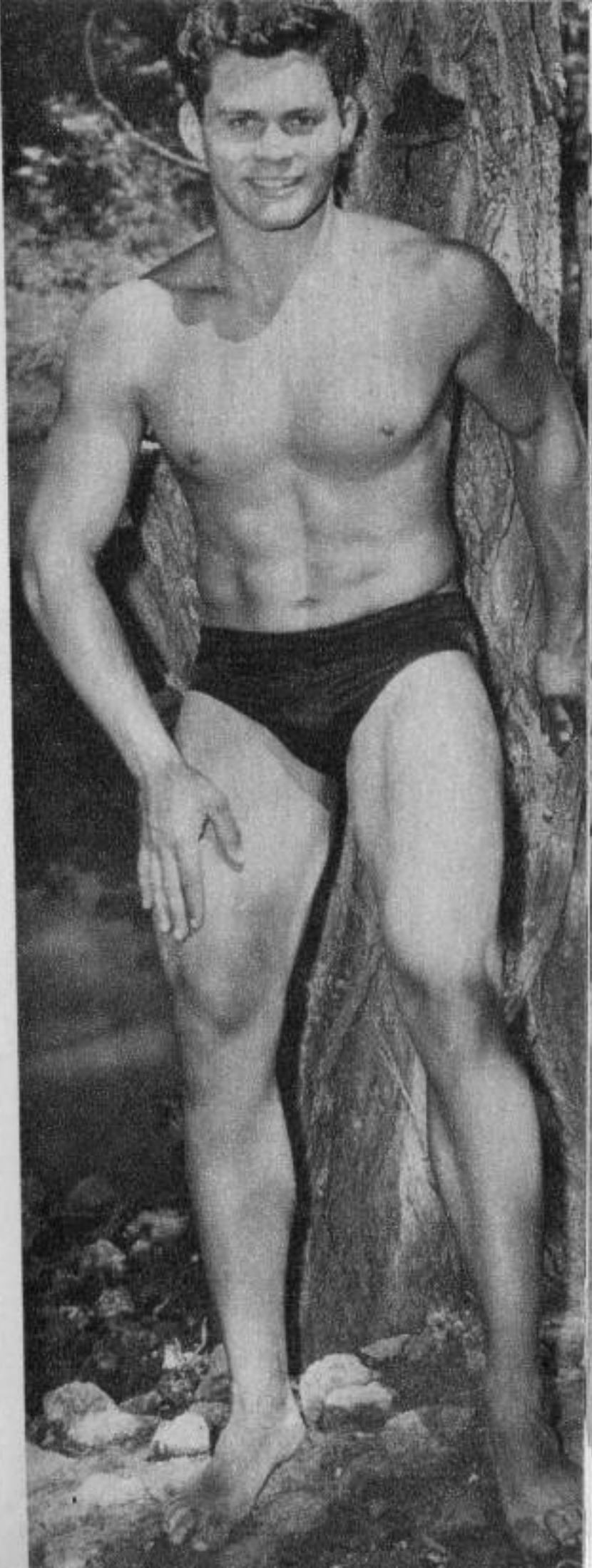
The mornings always seem much brighter whenever a package of photographs from Bruce of Los Angeles arrives. We know, even before opening it, that we are going to see some *new* physiques, some *new* poses, some *new* models all of whom have co-operated wholeheartedly in giving our readers something very fresh, and very inspirational,

Of Bruce we have often said, "it is impossible for him to take a bad picture". The quartet of fine young men who grace these pages this month continue to uphold his fine standard of physique photography.

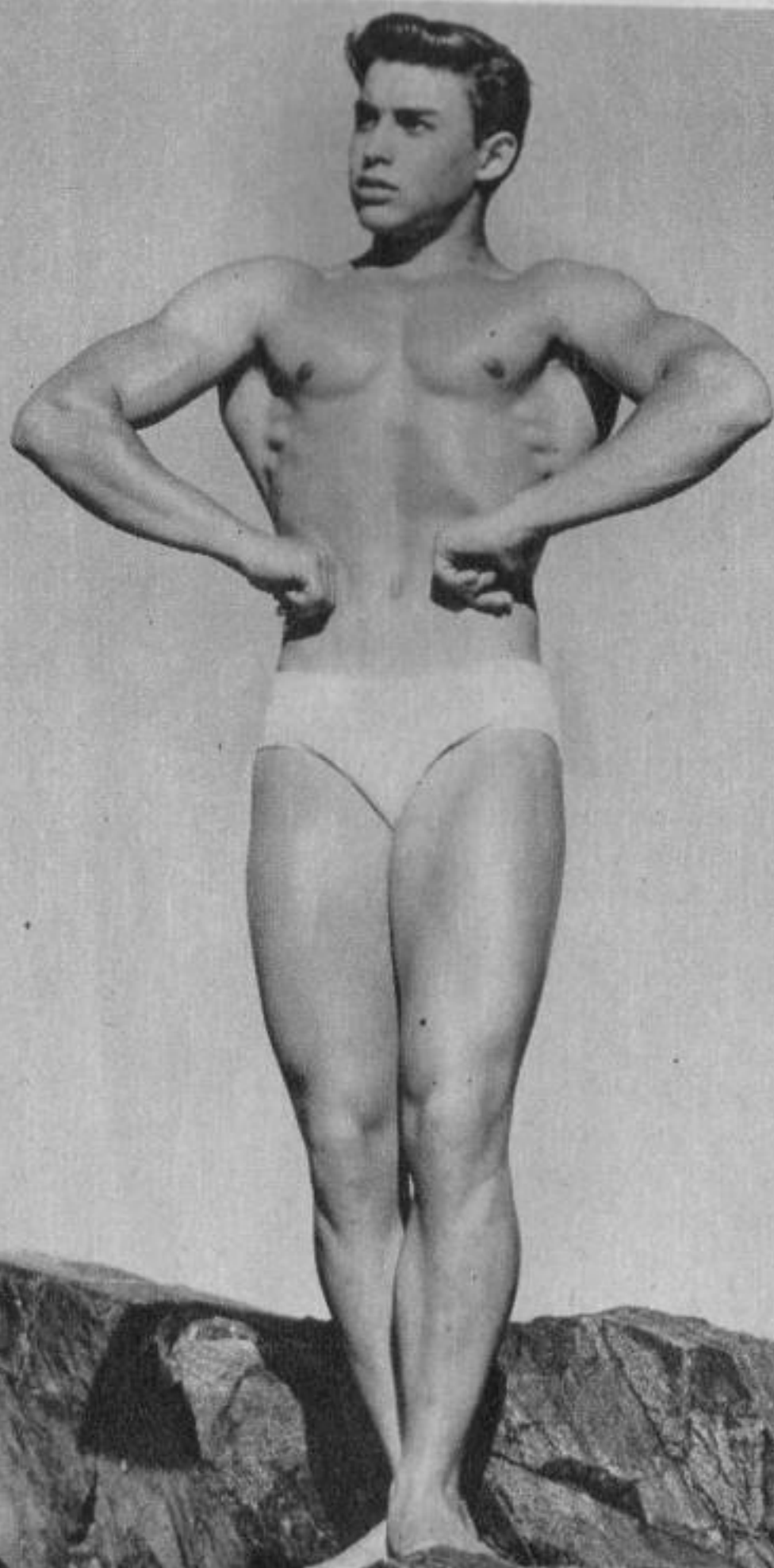
Heading our group of bodybuilders is young Rlee Brewer who, in the lovely sylvan setting in which he

(Continued on page 56)

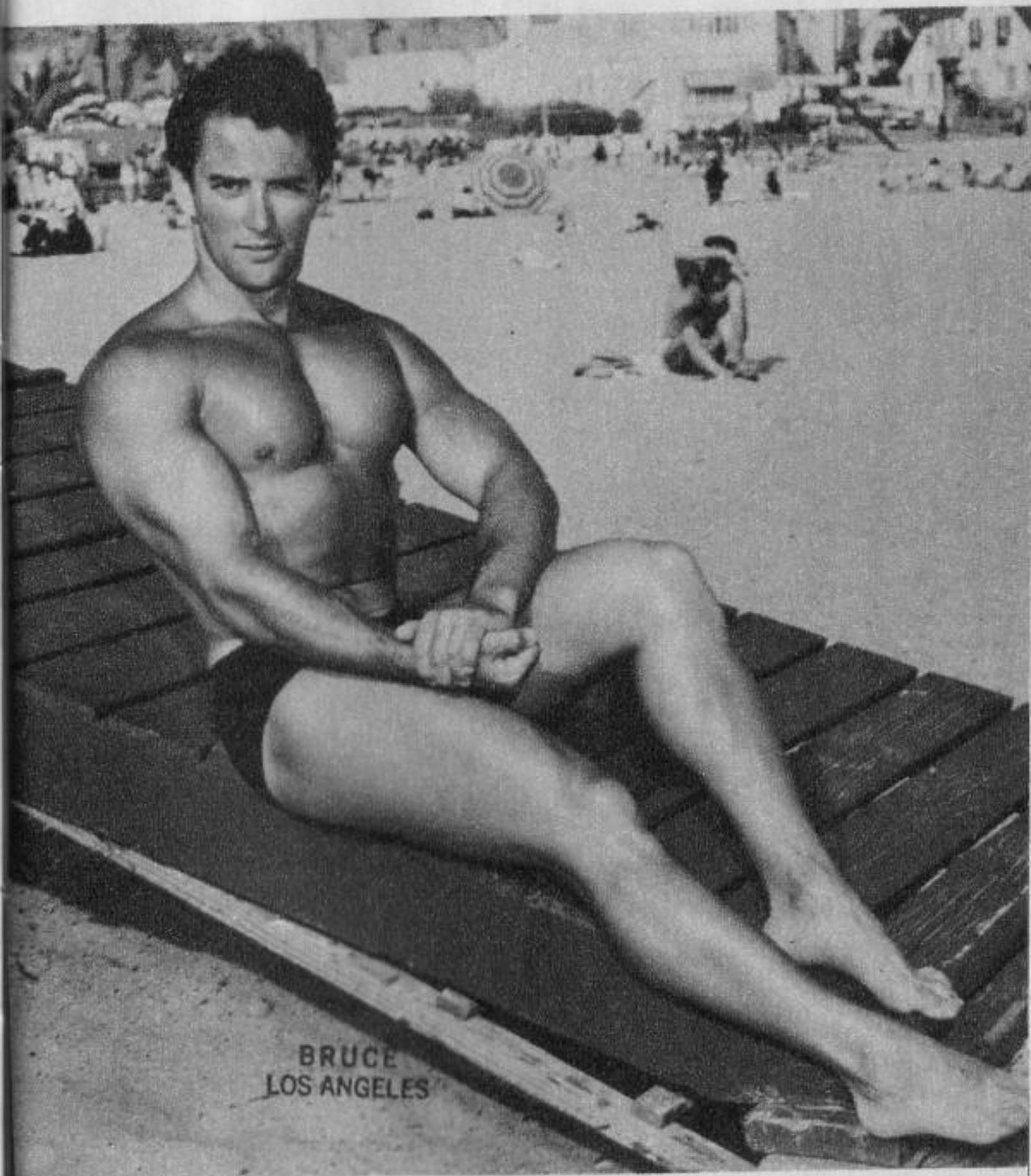
RLEE BREWER by Bruce
*Symmetry in a
sylvan setting*



JIM GLASPER by Bruce
At one with nature



BRUCE
LOS ANGELES

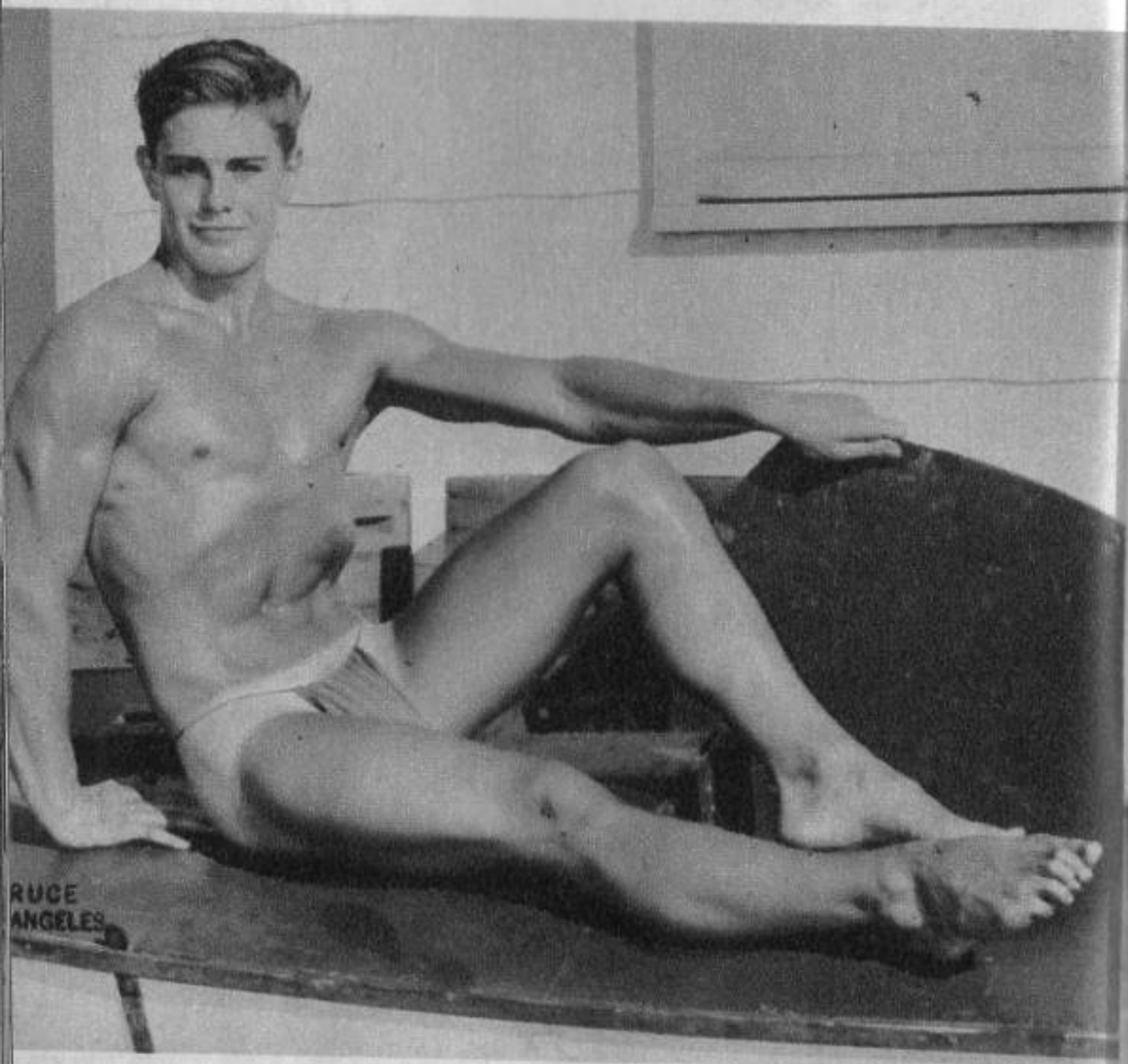


BRUCE
LOS ANGELES

ARTIE ZELLER by Bruce

An old friend with a new body

DENNIS CHRISTENSEN by Bruce
Dennis is of Norse descent



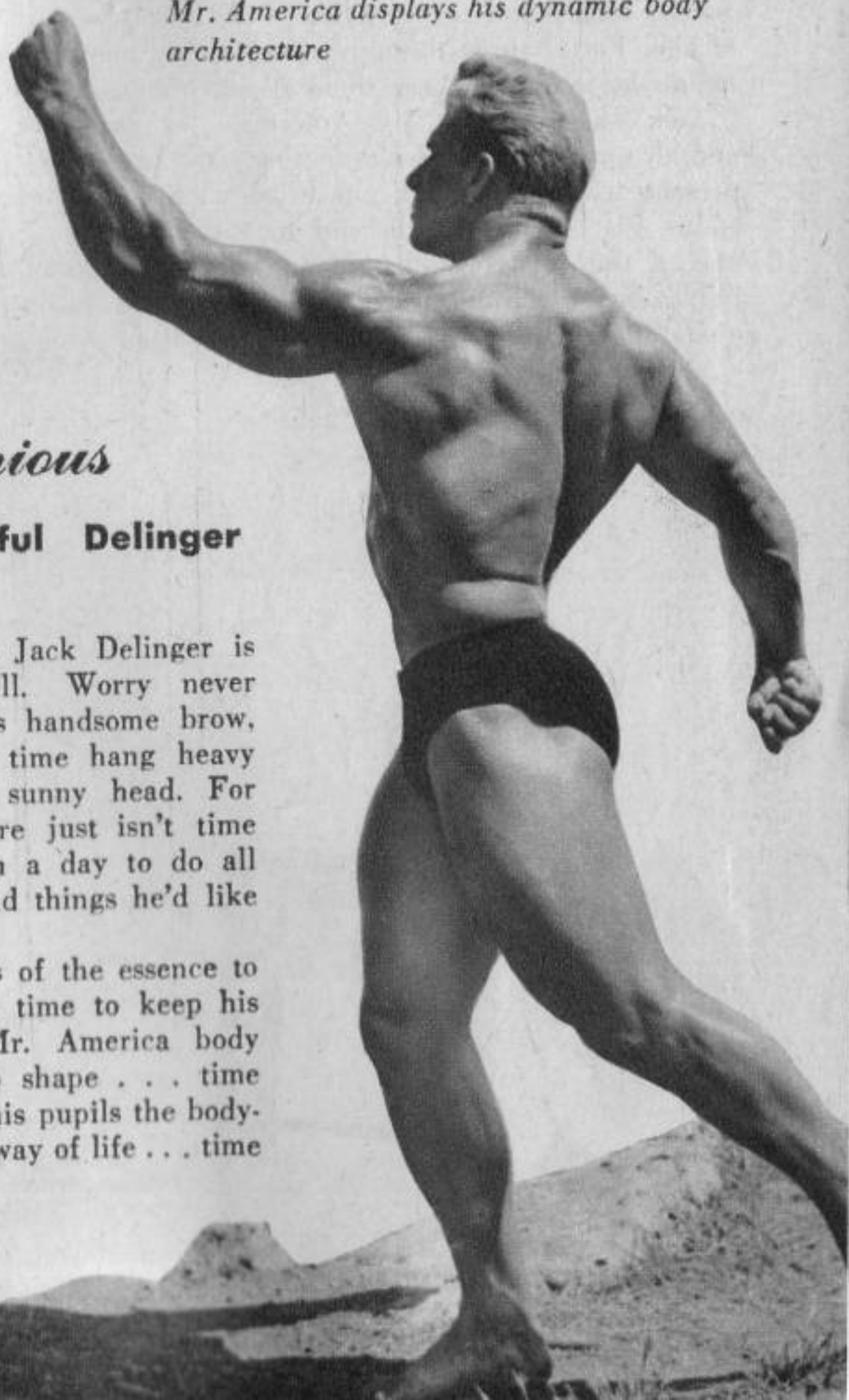
JACK DELINGER By Rocky Rothenbach
*Mr. America displays his dynamic body
architecture*

Delirious

Delightful Delinger

Life to Jack Delinger is never dull. Worry never clouds his handsome brow, nor does time hang heavy over his sunny head. For Jack, there just isn't time enough in a day to do all the myriad things he'd like to do.

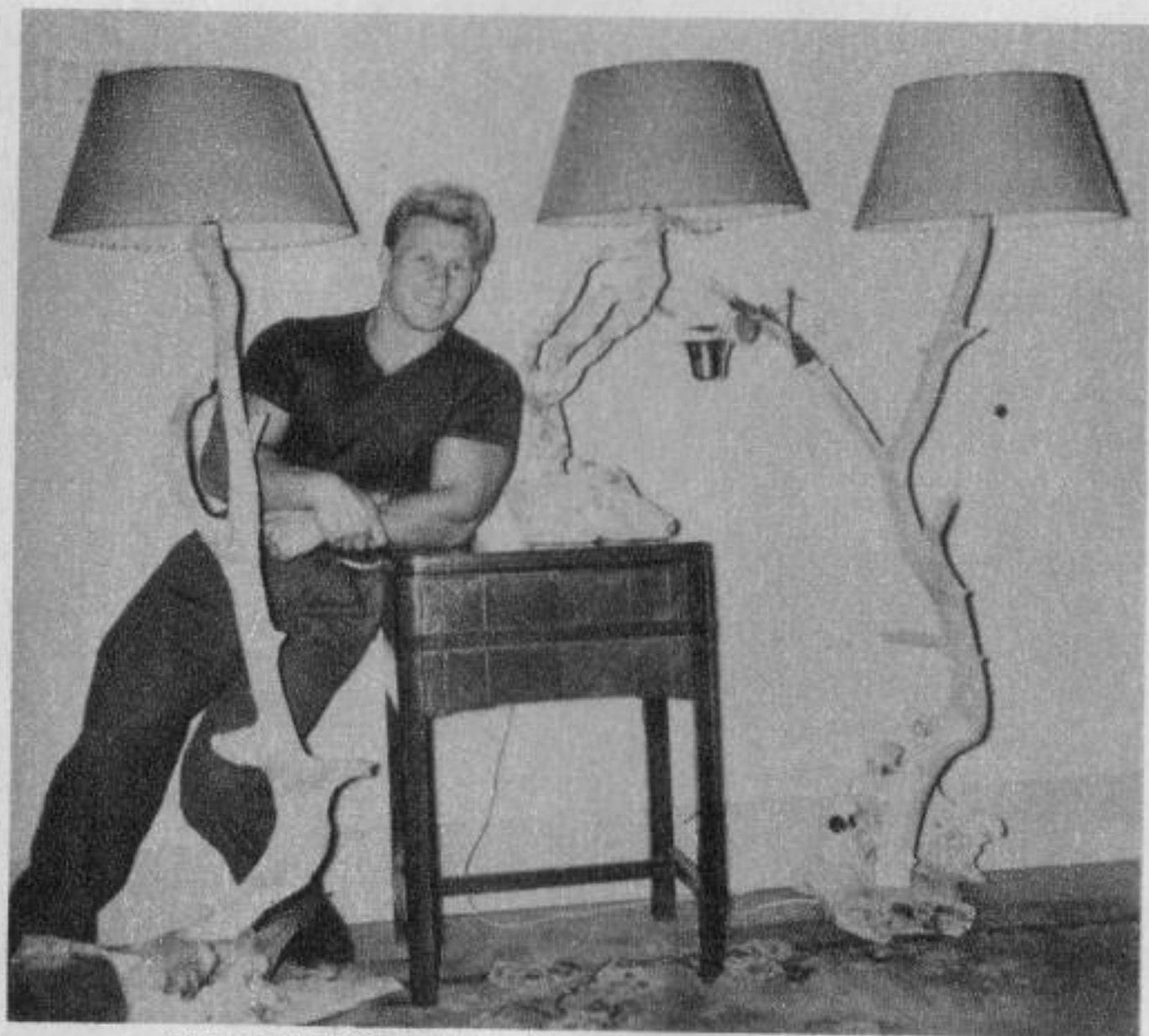
Time is of the essence to him . . . time to keep his superb Mr. America body in tip-top shape . . . time to teach his pupils the body-builder's way of life . . . time



Delirious, Delightful Delinger

for his family and time for fun — all this is most important to him. Fortunately, through a bubblingly buoyant sense of humor he is able to keep them all in proper balance.

Jack was our 1949 Mr. America, and for sheer muscle and symmetry there isn't another Mr. America, past or present who can even begin to approach him. Today Jack trains just as hard as he did to win his title . . . he is one of the very few champions who realize that a star's public is a demanding one . . . a public that always expects a champion to *remain* a champion. (Continued on page 58)



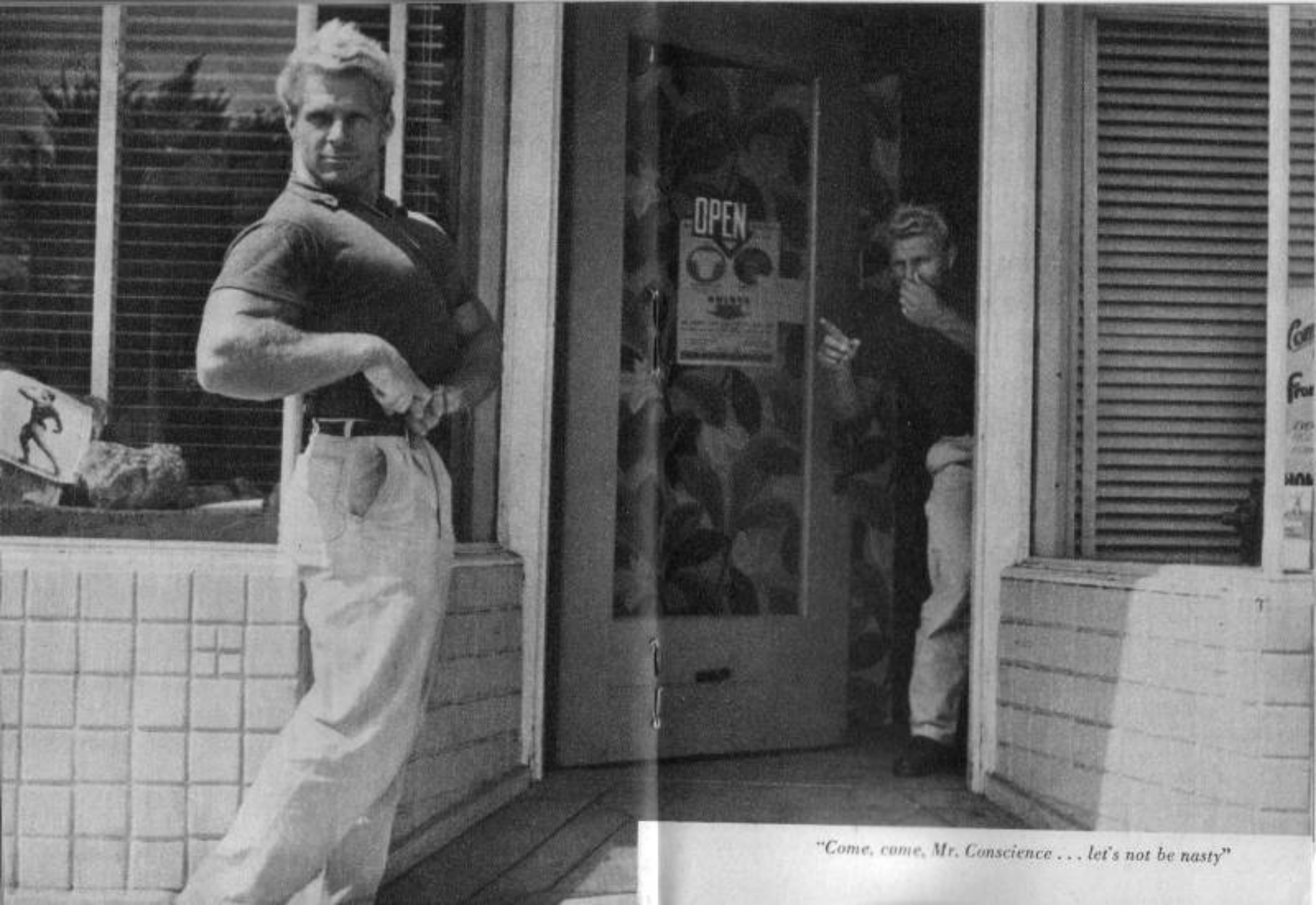
THE CREATIVE DELINGER

He makes works of art from the ocean's refuse



SWEATER BOY

Jack designs and sells this form-fitting sweater



"Come, come, Mr. Conscience . . . let's not be nasty"



ARNEY PAYNE

by Athletic Model Guild

Arney at the age of 14

In almost every other issue of ADONIS or BODY BEAUTIFUL we have photographically presented to you a young friend of ours, Arney Payne.

The photographs were the work of Athletic Model Guild, who in the past have frequently introduced many young bodybuilders, who, without the Guild's pioneering spirit might never have been known.

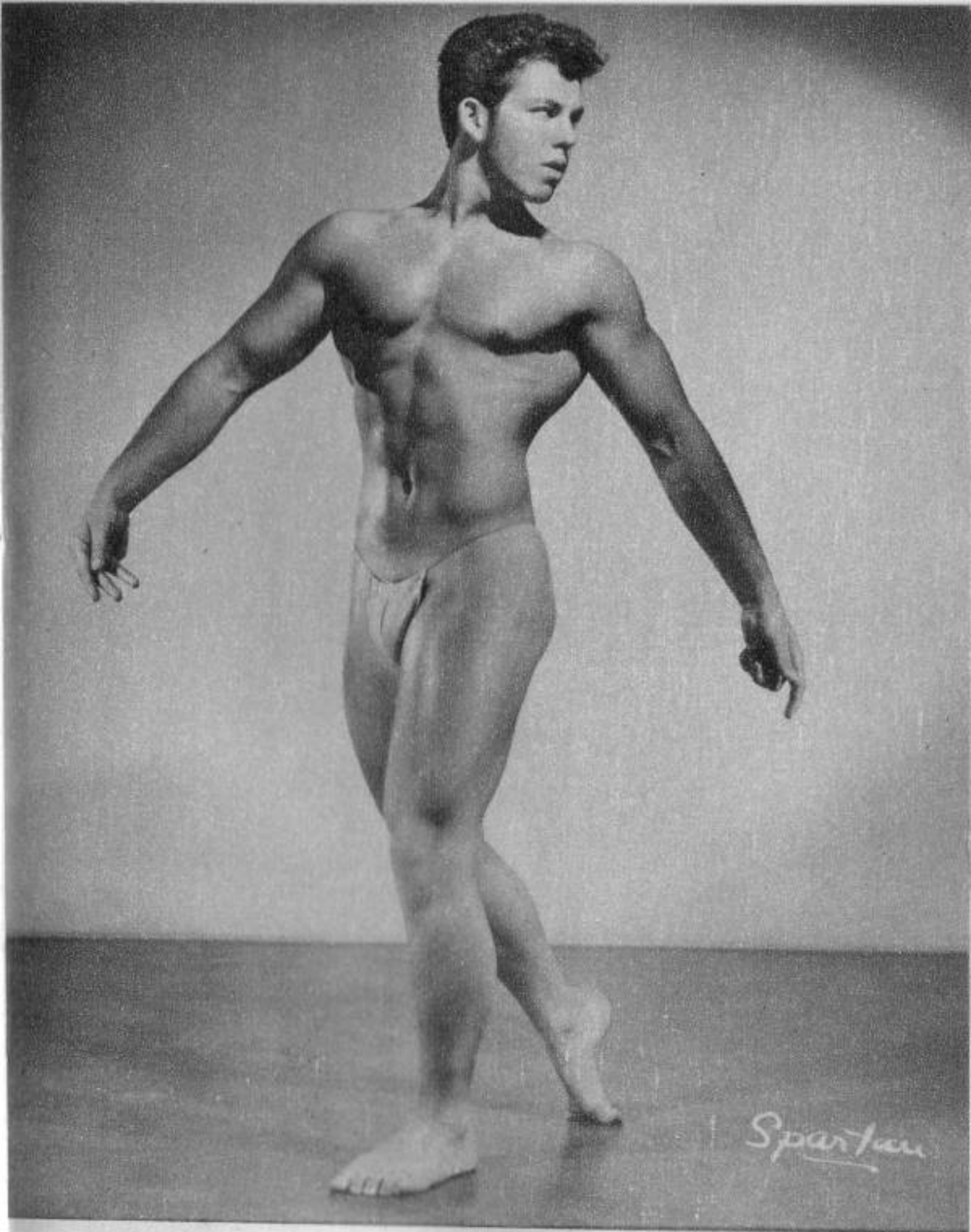
Arney, as photographed by the Guild, was then 14 years of age. We never tired of seeing him, for in his youthfulness he suggested the re-creation of the mythological Hermes, or Mercury . . . the messenger of the gods.

Today, Arney is 16, and another photographer has recorded his flowering into young manhood. Spartan of Hollywood shows us in these several studies, the continued growth, the richer development, and sublime symmetry of Arney Payne.

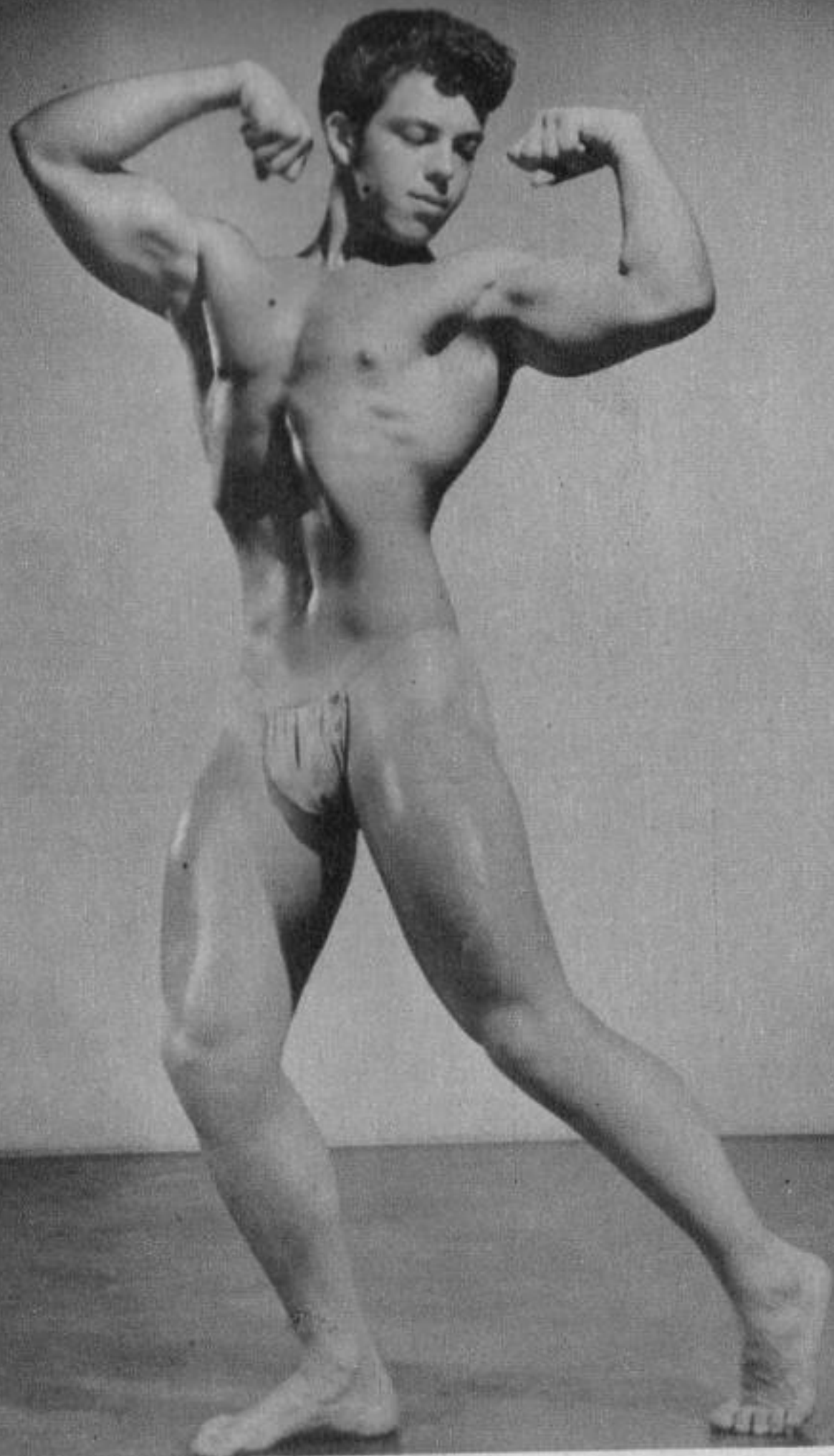
In them you will see that
(Continued on page 62)

'Hermes

Lives Again'



ARNEY PAYNE AT 16 by Spartan
As Hermes might have looked



A SOLID CITIZEN IS ARNEY by Spartan

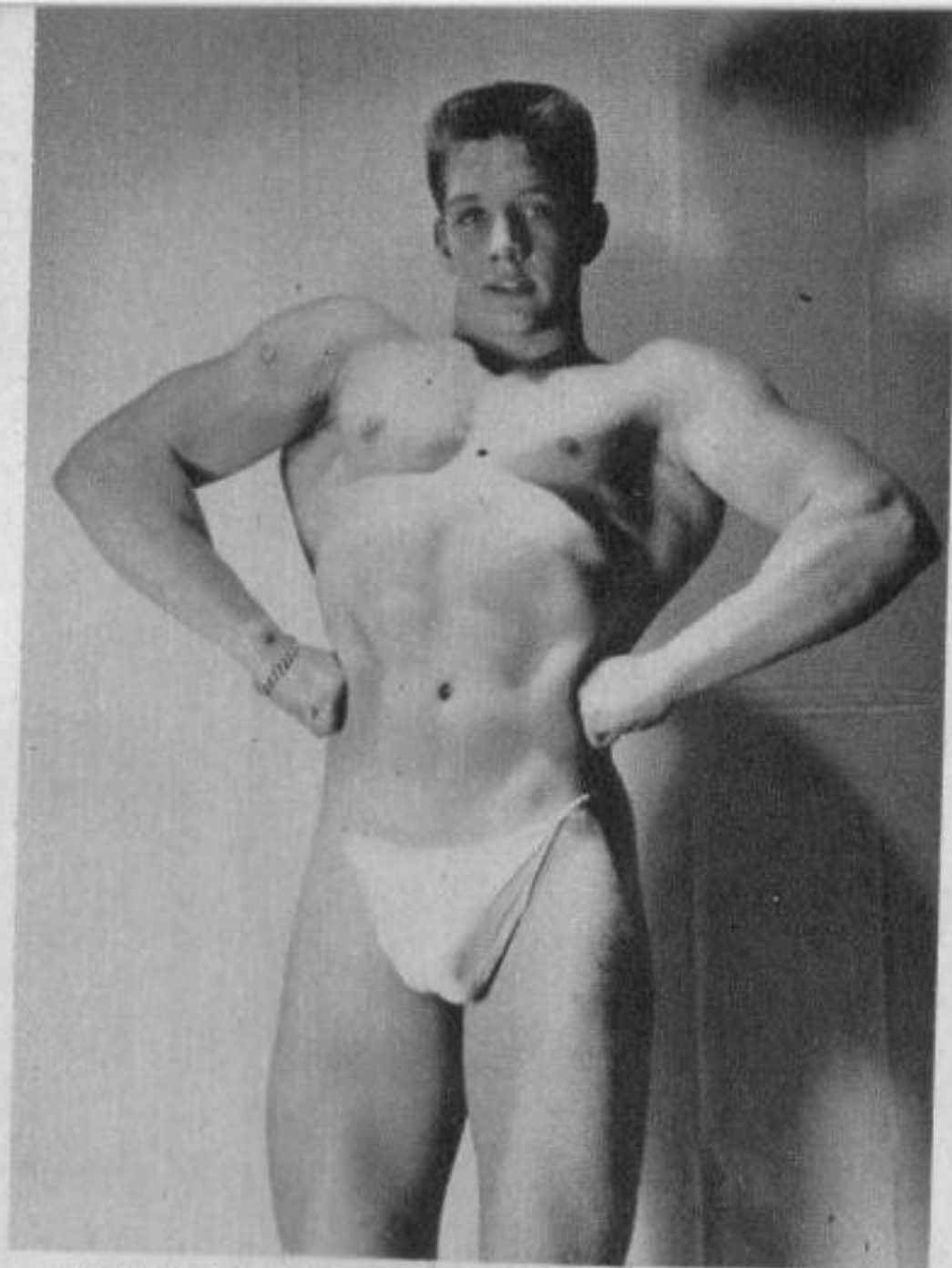


Spartan

PHYSIQUE OF EVER-GROWING BEAUTY



A STUDY IN FLAWLESS PROPORTIONS



EDDIE WELLER by Spectrum
First photo of Eddie ever printed

zenith!

To those of us engaged in the publishing of physique magazines, one of the most interesting aspects of the sport of bodybuilding is the rapidity with which a fledgling bodybuilder becomes a champion. A single month can see a complete transformation in some physical culturists!

Perhaps because our fingers are on the pulse of this great American health movement we are more conscious of young America's muscle growth than others might be.

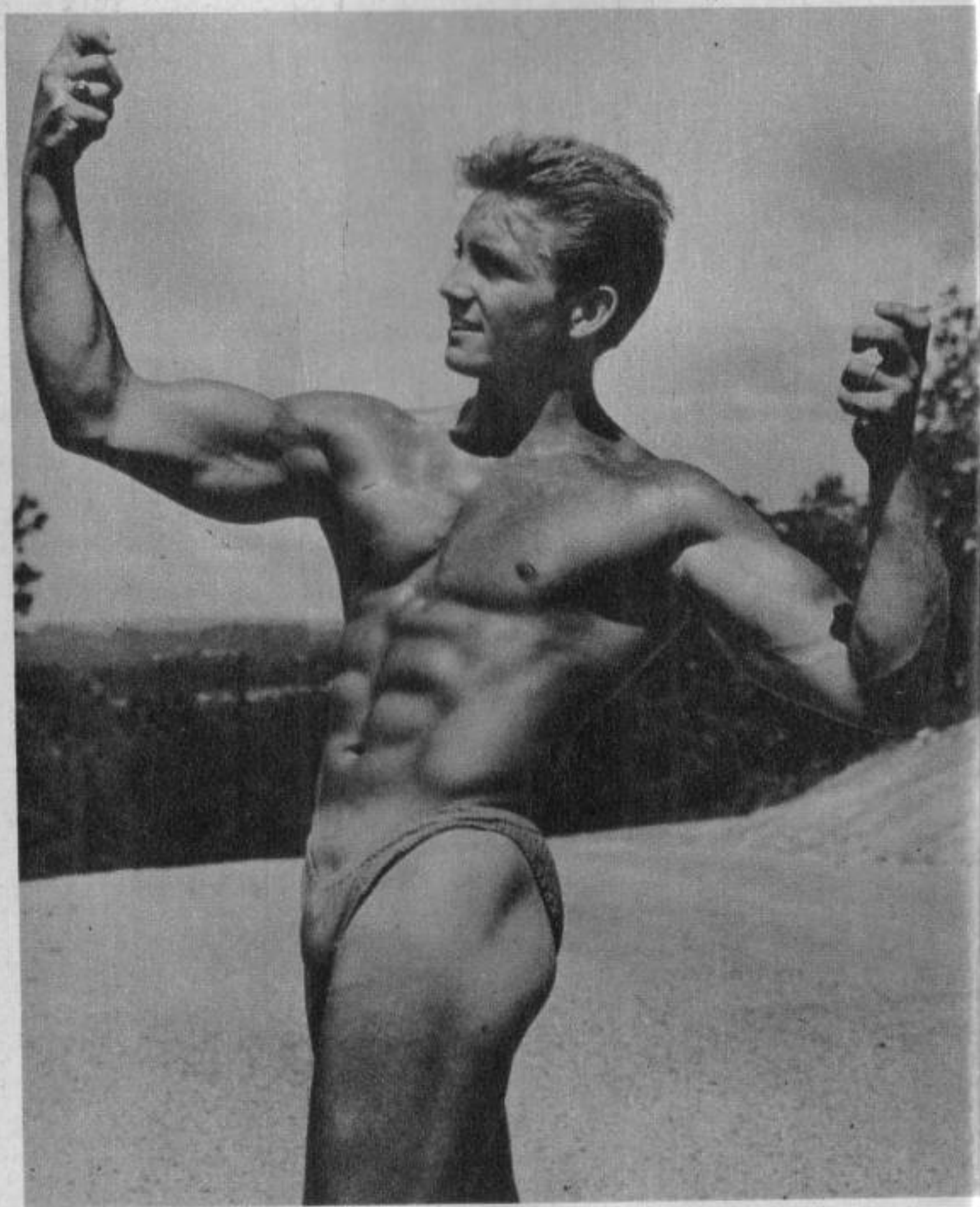
(Continued on page 62)



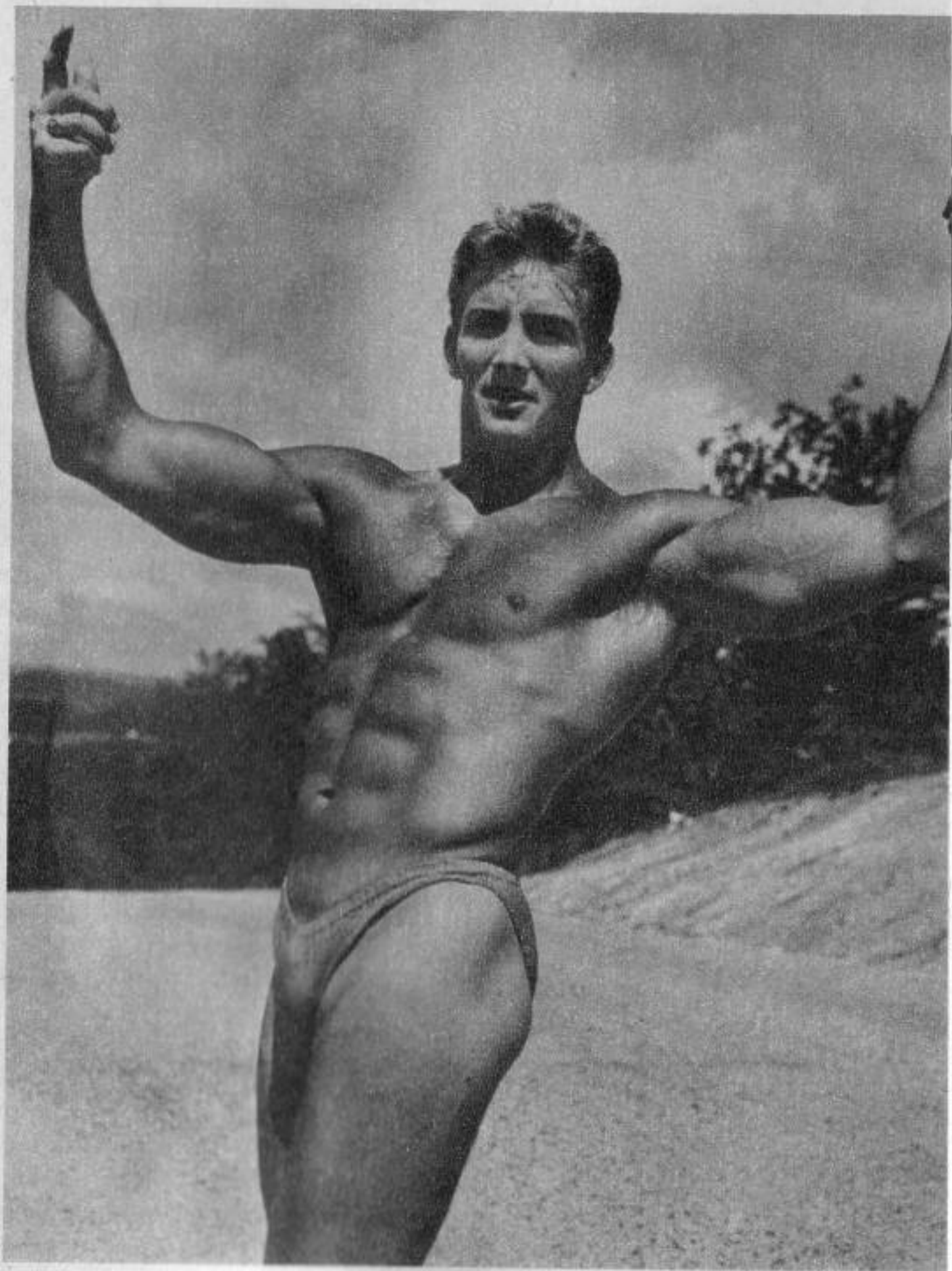
← WHAT AN AMAZING LAT SPREAD!

The pose is similar to the preceding one, but oh! how the body has changed. A powerful torso!





EVEN RELAXED, HIS BICEPS ARE TREMENDOUS



EDDIE DISPLAYS HIS MATCHLESS SYMMETRY



BEAUTY and the BEASTS **by VULCAN**

Young Chris Crispen at the mercy of wild jungle beasts, in nine photos. Send \$1. for cat. 31.

TO

VULCAN STUDIOS

125 East 39 St.

New York City 16, N. Y.

Name -----

Street -----

City ----- **State** -----

Get Out and Get Under

(Continued from page 3)

thermometer rises so do our spirits, until that glad day when we throw off every stitch that custom permits, and hie ourselves to our favorite beach.

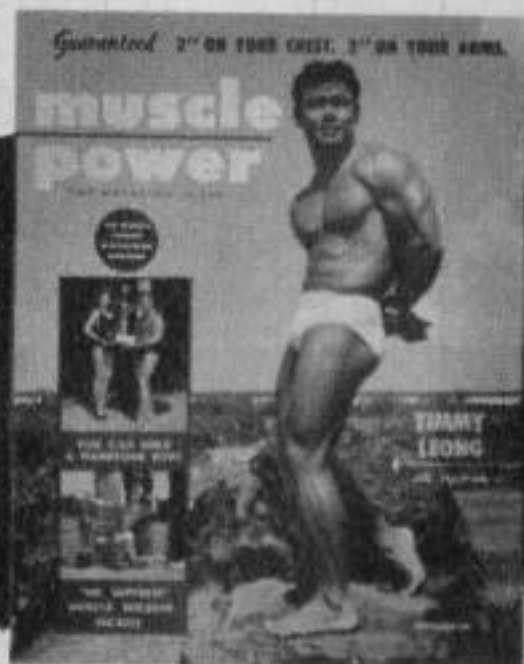
Each year has seen a steady growth of interest in physical culture, as evidenced by the thousands upon thousands of fine physiques who appear in the muscle parade. We feel proud that we have been of some effect in this mass physical transformation, for through these magazines which portray the visual side of bodybuilding, and through our **MUSCLE POWER** and **MUSCLE BUILDER** magazines, which teach the technical side of bodybuilding, we sincerely believe we have been of great service to mankind.

If this summer finds you "caught short" . . . if your body is not up to par, if you find you have to take a back seat in all the group activities so enjoyed by your friends, then make a reso-

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New York 10, N. Y.

lution *now* that next summer will find you right in the midst of things, not as a spectator, but as truly "one of the boys".

Take up bodybuilding *now* . . . it's not a luxury, you know, but an absolute essential to health, and long life. Learn to make your life a fuller, more interesting, more vital one, through bodybuilding.

What's in A Name?

(Continued from page 4)

Sure enough the rough edges of his body had rounded out superbly, and standing before us was an extraordinary handsome young man of whom Vulcan excitedly exclaimed, "the most graceful poser I have ever had!"

Although Lou is not yet out of his teens, yet in every pose you will note a perfection of grace and body contour that is rarely acquired by one so young.

Those of you who have followed the fortunes of ADONIS and BODY BEAUTIFUL will be interested to



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note the growth in body and personality of Lou Greco in the one short year since he "came out".

Tailor-Made
Torso

(Continued from page 9)

It was his good fortune to meet Tony Sansone, he of the immortal physique, who took him in hand and explained that because of Armand's unusual bone structure, he had a choice of becoming Herculean, with bulk; or he could emulate the Apollo type of physique with its gracefully contoured muscles, long clean lines, and classic midsection.

Tony convinced Armand that in the long run the latter was the more ideal type, since the Herculean physique sooner or later takes on fat, whereas the Apollon physique more or less retains its original weight and much of its original beauty.

Tony is a man who has practiced what he preaches, for at 50 his body has exactly the same wonderful definition and exciting symmetry of proportion that it

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15 Million Fat People Face Early Death

DOCTORS WARN: — Cancer, heart disease, diabetes and other dread diseases attack fat people more often than those of normal weight. Protect your life, your health, good looks! Follow the Weider 3 Way Reducing Plan NOW!



Before



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JERRY MURRAY At 28, Jerry Murray was too fat, suffered from indigestion, shortness of breath. He followed the Weider 3 Way Reducing Plan and LOST 56 pounds, 16" from his waist.



Before



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ROBERT REID — Police Constable Robert Reid was overweight, found it hard to do his job. He used Weider 3 Way Reducing Plan for 2 months; lost 30 pounds, regained his former pep and energy.

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satisfying quantities of nourishing food, following simple diet instructions outlined to you in FREE printed course. You are never hungry, still you lose pounds each day.

FREE Illustrated course shows you enjoyable exercises to follow to melt off chest, waist, hips and upper thighs, improving your physical condition and making you look youthful and attractive.

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Jim Sweeney models the AMG Form-Fitting T shirt available in 19 colors, V neck or Round-neck, beautifully tailored, best quality cloth, color fast. Just as suitable for the guy with an average build as for you supermen. Available in dozens of gyms throughout the country, but AMG can give you fast mail order service in your size and color choice. Trunks shown here made of Terry cloth—not suitable for public wear but fine for private pools, backyard, etc. — Send stamped self addressed envelope for catalog.

Athletic Model Guild

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ALBUM YM,
provocative
photos of this
handsome
young lad.



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ATHLETIC MODEL GUILD

1834 W. 11 St., Los Angeles 6, Cal.

had when he was 30.

Armand heeded Tony's advice to the letter. Since that day he has performed only exercises that give his body a "sculptured" look. Stretching, stretching, eternally stretching . . . that's Armand. He's as flexible as a cat, as quick as a leopard, and his body always has a vibrant, vital look . . . as alive and responsive as life itself.

For several years he has been one of New York's top models. His likeness is seen everywhere . . . in films, such as "Mr. Universe", or in poster advertisements . . . or if you are a night club devotee you have undoubtedly seen him as a dancer in the Peggy Taylor Trio, a group of adagio dancers who have traveled all over the world.

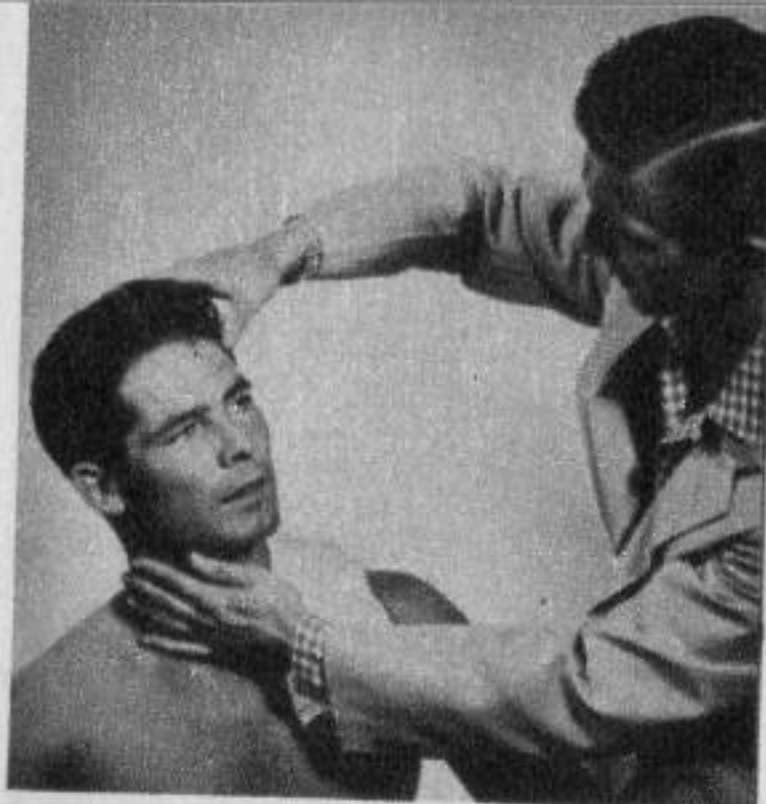
Wherever he goes, his handsome physique and flashing good looks never fail to catch the eye and quicken the pulse. Because so many newcomers to the bodybuilding world have never seen this amazing physical wonder, and because we would like to do him

Isn't He Handsome!!

do people say
this about YOU?

NOW ... AT LAST!!

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THAT TAWNY, TERRIFIC LOOK OF A MR. AMERICA!

"Handsome IS as handsome DOES!!" Do as the stars do — READ
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Learn the Hal Warner Method of Face Culture . . . exactly as used by the leading male stars of screen and television, and by many of today's leading bodybuilders.

LEARN HOW TO

TREAT your skin internally with the famous Hollywood Super-Protein Diet. **REBUILD** your face through the Warner System of Facial Exercise. **CARE** for your skin externally with three of science's most advanced contributions to masculine good looks. . .

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*the course of
the champions*



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**DEEP PORE SKIN CLEANSER
DOUBLE VITAMIN THERAPY CREAM
LIQUID "MASQUE OF YOUTH"**

Created **ESPECIALLY FOR THE MALE SKIN**, these **MIRACLE AIDS TO SKIN PERFECTION** are almost magical in their effect when used with the Warner Method of Face Culture.

In this course everything "from the collar up" is discussed by Mr. Warner . . . the care of the hair — hair arrangement — care of teeth — in short every avenue to male good grooming is explored.

PRICES: The course "YOUR FACE IS YOUR FORTUNE" alone is \$3. The course plus the **THREE MIRACLE AIDS TO SKIN PERFECTION** is \$10, taxes and postage prepaid.

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Indianapolis 6, Ind.

this honor, ADONIS takes pleasure in introducing to you this month, Armand Ozon, a truly tailor-made torso.

Most Wanted Men

(Continued from page 13)

New York come two remarkable studies of John Trenton and Bob Karan. As posed by Togof, one is immediately impressed with the lithe body and effortless posing of Karan, and by the simplicity and classic elegance of the Trenton physique. Both photographs are essays in physique display. We think you'll like them very much.

Gary Frost of Oregon is seen here through the camera of California Models. This youthful physique star is already a new champion, and give him a couple of years and he'll make physique history.

The lithe, flexible type of body in favor finds handsome Michael Fryer of London as its protagonist. Shown here in a photograph by Domenique of London, Michael is a worthy new-

comer.

Again Spartan has given us a magnificent shot of Ed Fury, the man who heads our list of "most wanted" men. The popular motion picture player is being seen more and more frequently on the screen. Here he is at his best . . . or so we think.

Hugh Pendleton is always a welcome guest here in the pages of ADONIS, and this closeup shot of him is nothing short of sensational. Just look at those mighty arms! Photograph by Spartan.

Bruce of Los Angeles is represented this month by handsome Bob Fedell, former Navy man, and that sterling group of photographic associates, Athletic Model Guild completes our gallery with one of our most requested models, Reymond De Land, popular young modern dancer of the Lester Horton dance group.

Plurally Yours

(Continued from page 21)

Michigan. More of Bishop-Alan may be obtained through Michigan Models, Grand Haven, Michigan.

Spartan of Hollywood of-



FIRST PERFORMANCE!! TEEN-AMERICA'S OWN Bodybuilding Magazine "JUNIOR MR. AMERICA"

Fellows! . . . here, for the first time anywhere, is the only magazine written especially for young bodybuilders from 12 to 21!!

- JUNIOR MR. AMERICA is for Mr. America, Junior! An exciting new magazine containing every bit of up-to-date information that the teen-age bodybuilder should know.

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- Inspirational stories of puny weaklings who have become masters of destiny!

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- Learn 'how to grow taller' . . . 'how to add weight' . . . 'how to clear up your complexion' . . . 'how to build your body'.

- The secrets of the champions designed to show young bodybuilders how to add inches of symmetrical muscle to arms, chest, legs, and back.

- Sensational photos of Teen-America's Greatest Bodybuilders . . . Glenn Bishop, Richard Alan, Clement Desjardins, Steve Wengryn . . . and many others.

- JUNIOR MR. AMERICA, while written for the junior bodybuilder, will be read and enjoyed by physique fans of every age.

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fers you a beautifully lighted and rhythmically posed study of Bob John and Bob Rome. The Bob that is *blond* is the Bob who is *John*. Bob Rome is known to most of you through his many solo appearances here in times past.

An unusual study of Jack de Marco and Freddie Scarra is sent us by Vulcan Studio. The dramatic lighting throws into bold relief the superb development of these lads posed as "The Wrestlers".

Our gallery is further enriched by Vulcan with this wonderfully relaxed pose by two of bodybuilding's "greats", Bob Delmonteque and Ken Acosta.

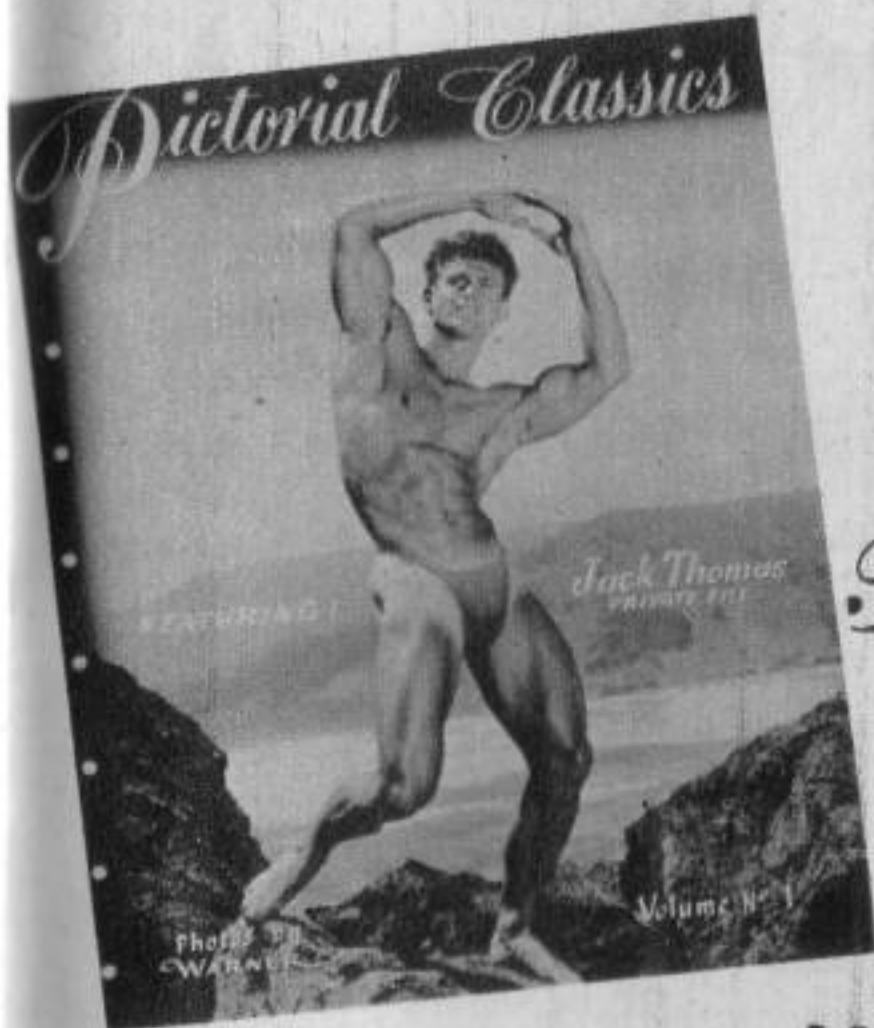
Concluding our dual gallery this month is a pastoral study of Buddy Young and Jim Lewis by Athletic Model Guild. Title . . . "High noon in the high Sierras".

Quartet

(Continued from page 27)

is posed, seems almost indigenous to the background of nature.

Jim Glasper possesses a very symmetrical physique, one that looks very well



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against the rough outdoors.

Artie Zeller is caught in a moment of relaxation at Muscle Beach. Since Artie left New York to live in California he has greatly improved his body . . . there are many fine new qualities we see in him, qualities that we did not associate with him when he lived 'back East'.

A young Norwegian-American completes our group of Bruce models . . . he is Dennis Christensen, who at 16 already has a physique of championship form. You'll be seeing lots more of this handsome bodybuilder.

Delirious

(Continued from page 32)

Canada opened her arms to him in December when he appeared as guest at the huge physique show staged by Ben Weider in Montreal. What a sensation he was! The ooh's and la's, and the ooh-la-la's are still ringing in his ears.

Jack is the Western Division director of the Weider Enterprises, and as such is responsible for the great flow of barbell and dumb-

S-T-R-E-T-C-H

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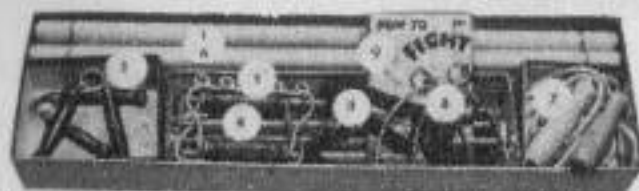
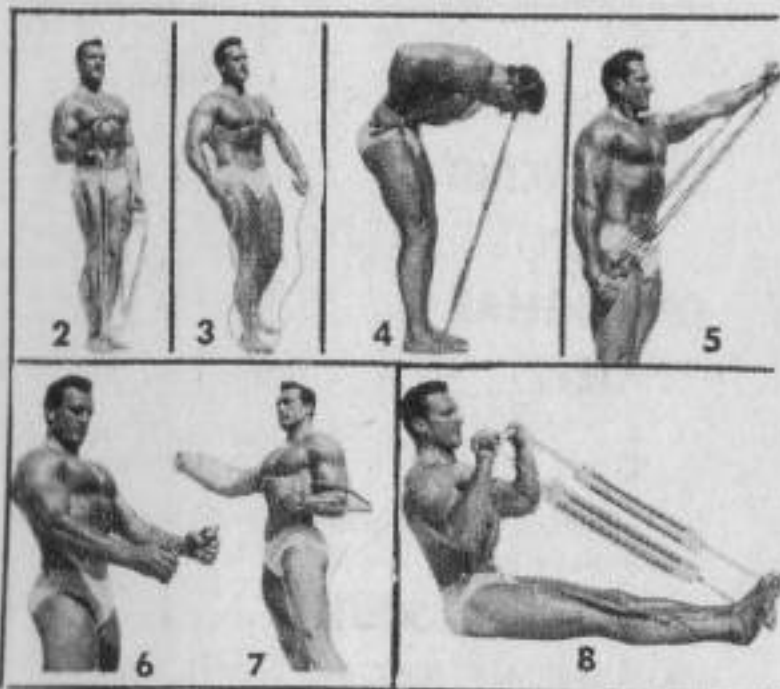
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ARTCRAFT

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bell sets, food supplements, and other products of this rapidly expanding firm.

In addition to this, he owns and operates one of the most modern gyms in America at 4171 Broadway in Oakland, California. But as if that weren't enough to keep him busy, he puts in about 3 hours a day working on his body . . . instructs his pupils for several hours more, and then goes home where he pulls out the stops on two more of his talents. He makes floor lamps and table lamps out of driftwood, carved by nature into fascinating designs . . . polished and burnished by Jack into works of art.

He is equally adept at clothes designing, and manufactures and sells a form-fitting pullover sweater which you will find him modeling in one of these photographs.

In all of these operations Jack is loyally assisted by his charming wife, who joins him in some of these trick photographs which point up his wholesome sense of humor.

The gym is Delinger's, the gal is Delinger's, the body

SKINNY Gain Up to 50 Pounds OR YOUR MONEY BACK!

Even when other methods fail, Weider Weight Gaining Food Supplements add pounds of bodyweight on the most stubborn cases!

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QUAINTANCE

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Phoenix, Arizona

is Delinger's, and, as you can see, there's an awful lot of Delinger here.

Hermes

(Continued from page 36)

the softer outlines of his pre-adolescence have given way to a much denser structure . . . notice his splendid shoulders, the well-rounded deltoids, the larger arms, and classic abdominal muscles.

Arney's legs are more sturdy, and his calves are especially noteworthy.

We are indebted to both Athletic Model Guild and to Spartan for their pictorial records of this handsome young athlete during his formative years.

Zenith

(Continued from page 41)

Perhaps by showing you some "before-and-after" pictures of a rather unusual athlete you may better see our delight and our "puzzlement" at the passing muscle parade.

YOUR HAIR WILL GROW ON A HEALTHY SCALP!

AMAZING Weider Formula #7
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We are indebted to Spectrum of Cincinnati for recreating to some degree the bodybuilding career of Eddie Weller. We show you two photographs taken just the day he went into service, and some made only a month ago. You will note that he has improved tremendously, and that his new maturity rests well on his handsome shoulders.

Although he is now a married man . . . a father too, Eddie still finds time to keep in shape. We think you'll agree he's quite a hunk o' muscle!



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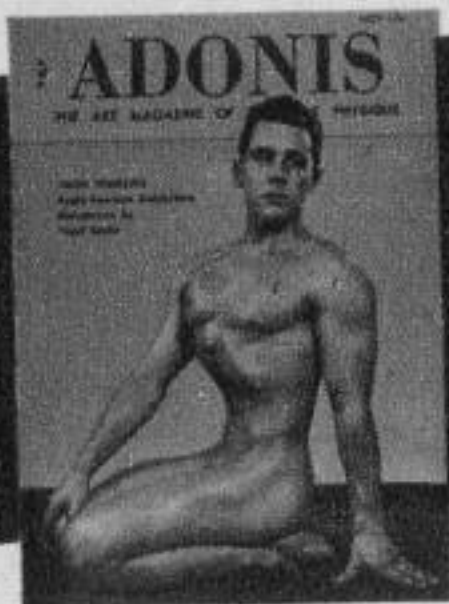
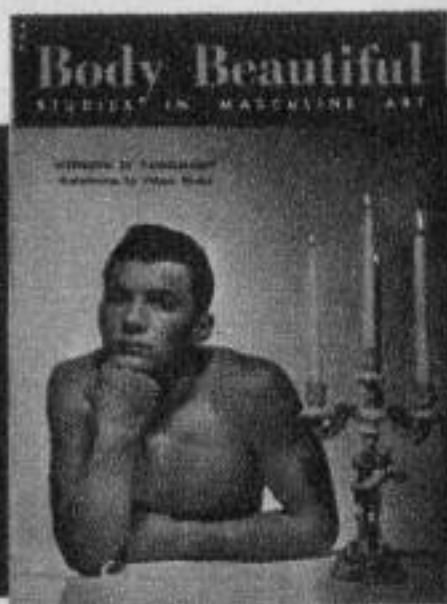
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